

## Making Calories Count

### Materials

Food Models

Paper plates

Optional: calculator

44 oz. Super-sized soft drink container

Super-size French Fries container

### Teaching Plan

1. Explain the importance of nutrient density and the difference between a nutrient dense food and “empty calories.” Also emphasize the importance of eating a balanced diet from all of the food groups, since you cannot get all the nutrients you need from a single food group.
2. Briefly explain the food models. Point out that each model is in the recommended serving size for that food and some of the nutritional information is on the backside.
3. Then show them the 44 oz. Cola, which equals 550 calories, and meal 1, which contains 554 calories. This is a good example of nutrient density.
4. Next show the super-sized fries (610 kcal) and compare it to meal 2 (663 kcal). Emphasize the importance of eating a variety of foods.

### Discussion Questions

- Would you rather have a cola, or a whole meal?
- What are your favorite foods?
- How could you change this meal to incorporate your favorite foods?

### Activity

Have the students pick some of their favorite foods from the food models. Students will substitute some of their favorite foods for Meal 1 and/or Meal 2. Remember, the calories must add up to around 550 for Meal 1 and 610 for meal 2.

### 44 ounce Super-Size Cola

Calories = 550

<u>Meal</u>	<u>Calories</u>
Roasted Chicken (skinless)	139
Baked Beans	118
Corn	67
Dinner Roll	85
Butter	34
Watermelon	25
Skim milk	86
<b>Total</b>	<b>554</b>

### Super-Size French Fries

Calories = 610

<u>Meal</u>	<u>Calories</u>
Turkey Sandwich	267
Celery sticks	6
Peanut Butter	188
Strawberries	23
Chocolate Milk (Reduced Fat)	179
<b>Total</b>	<b>663</b>