



DELAWARE 4-H

Healthy Living

FAST FOOD FRENZY

GOALS

To understand the importance of balancing diet with exercise.
Participants will increase their knowledge of nutrition and fitness.

SUPPLIES

- This sheet of paper
- Scenarios and exercises list

TIME REQUIRED

5-10 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Explain that you will be reading a story that requires the class to exercise.
2. Ask the class to spread out (move furniture if necessary).
3. Read scenarios.
4. Allow ample time for participants to do the exercises.

REFLECT: Ask Youth

1. How are you feeling?
2. What do you think was the purpose of this activity?

APPLY: Ask Youth

1. What did you take away from this activity?
2. How do you think this lesson will help you in the future?

Thank you for participating in this fun activity!



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



DELAWARE 4-H

Healthy Living

SCENARIOS AND EXERCISES

SCENARIO #1

You are very hungry and decide to go to McDONALD's for lunch. You order a cheeseburger, a small order of fries and a small soda.

One cheeseburger from McDonald's has 300 calories, with 100 calories from fat!

You take one bite of the cheeseburger, let's try to burn the calories.

Run in place (about one minute).

Do you realize that one bite of a cheeseburger is equal to the calories burned from five minutes of running?

The calories from fat alone would be equal to the calories burned from running for 15 minutes!

One order of small fries from McDonald's has 230 calories, with 100 calories from fat. That is about half of the total calories (yuck!).

You eat 5 fries, let's try to burn the calories!

Dance around (about thirty seconds).

Do you realize that the calories from just these 5 fries would be equal to the calories burned from 20 minutes of dancing?

It would take 37 minutes of dancing to burn the equivalent amount of calories from fat from just the 5 fries!

One small soda has 150 calories with 40 grams of sugar.

You drink about half of the soda.

Let's do sit ups for 30 seconds.

Do you realize that the calories in half of a soda would be equal to doing 15 minutes of sit ups! (Ouch!!!)

You would need to do thirty minutes of sit ups to burn the same amount of calories found in one small soda!

SCENARIO #2

You are very hungry and decide to go to WAWA for lunch. You order a junior turkey hoagie, a cookie and cream milkshake.

One junior turkey hoagie has 270 calories.

You eat about half of the junior hoagie.

Let's do jumping jacks for 30 seconds.

Do you realize that this many calories is equal to doing about 18 minutes of jumping jacks?

However, a junior turkey hoagie on a whole wheat roll is still a pretty healthy choice: it contains whole wheat grains, protein, dairy, and vegetable.

One milkshake has 800 calories with 370 calories from fat.

You drink half of the milkshake and then feel full.

Let's do push ups for 15 seconds.

Do you realize that this many calories is equivalent to doing push ups for almost an hour and a half?