



Fast Food: Healthy Choices

What is an example of a 'fast food' restaurant?
Do you eat out in fast food restaurants?



In a small group, discuss these questions:

1. What kind of fast food do you enjoy eating?
2. Do you think about fat and salt when you choose what to eat? Why or why not?
3. How can you make a healthy choice in a fast food restaurant?

*Go to a computer and take the lesson about healthier fast food choices! Go to:
<http://www.lessonsforlivingwell.org/>*



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