



# HEALTHY TIPS FOR EATING OUT

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

## Check on Learning Questions

1. Name 3 key words that indicate high fat/calorie food options.
  - Any of these: crispy, creamy, fried, breaded, alfredo, butter
2. Name 3 key words that indicate healthier options.
  - Any of these: baked, broiled, steamed, sautéed, grilled, broth-based, whole-grain
3. How can you eat smaller portions at a restaurant?
  - Any of these: order appetizer or lunch-sized portions, get a to-go box at the beginning of a meal, share with someone, order a kid’s meal



# HEALTHY TIPS FOR EATING OUT

## 1. What are 3 key words that indicate high fat/calorie food options?

- Crispy,
- Creamy
- Fried
- Breaded
- Alfredo
- Butter

## 2. What are 3 key words that indicate healthier options?

- Baked
- Broiled
- Steamed,
- Sautéed,
- Grilled
- Whole-grain

## 3. How can you eat smaller portions at a restaurant?

- Order appetizer or lunch-sized portions
- Get a to-go box at the beginning of a meal
- Share with someone
- Order a kid's meal