

Health In Progress

Lesson 26

Eating Out



QUESTION 26:

TRUE OR FALSE

When you cook for yourself, it is possible to make foods that are more nutritious than similar foods bought from a store or restaurant.

ANSWER: True

1. The amount of cooking done at home has decreased significantly compared to years ago. More people are relying on pre-prepared foods from supermarkets or eating out. Reasons for this change in lifestyles include:
 - a. Increased supply of ready-to-eat foods by the food industry and supermarkets
 - b. Busy schedules of kids and parents
 - c. Fewer people know how to cook; home economics is not taught in school any more
 - d. Advertising by food companies or restaurants enticing consumers to buy their products
2. It is important to know how to cook. **Most of foods prepared at home are healthier than in a restaurant.** Also pre-prepared foods from the grocery store are much healthier if made from fresh ingredients. (You will also save a lot of money!) It takes a little more planning to cook at home. *Brownies can be made "from scratch " using flour, milk, eggs, sugar and chocolate or by using a store bought mix which al kinds of ingredient you can hardly pronounce? Which Brownie sounds healthier?*
3. Compare the following recipes French Fries. Remember that when ingredients are given for a commercial product, they are listed in order of *decreasing* amount or, in other words, the first ingredients listed are present in higher amounts.

BAKED "FRENCH FRIED" POTATOES

INGREDIENTS:

Potatoes
Olive Oil

Directions: Preheat oven to 450 degrees. Cut potatoes into strips about $\frac{1}{2}$ inch thick or small wedges. Spread in a single layer in an (nonstick) ovenproof dish. Pour over them: $\frac{1}{4}$ cup olive oil. Stir until coated. Bake 30-40 minutes. Turn several times. Sprinkle with a little salt/paprika if desired.

FAST FOOD FRENCH FRIES

INGREDIENTS:

Potatoes (sliced and peeled)
Partially Hydrogenated Soybean Oil
Natural Flavor (beef source)
Dextrose (a sugar, also called glucose)
Preservative

Directions: Deep Fry in partially hydrogenated vegetable oils.

ACTIVITY: Learn to make one healthy homemade meal for your family!