

# Chew On This: Worksheet 1

No other industry has a workforce so dominated by teens as the fast food industry. The choices young people make to buy fast food, eat fast food and work in fast food restaurants ought to be informed choices. Ask questions and discuss the issues raised in *Chew on This* and then share your research with your friends.

## Here are some ideas for questions you might ask:

1. How long have you been working in the fast food industry?
2. What prompted you to apply for the job?
3. What things about your job do you enjoy?
4. What is your perception of your company? How do you think others perceive it?
5. Would you recommend your job?
6. What incentives does your company offer you to work with them? How long do most people stay in your company?
7. How have campaigns against fast food have affected your work?
8. How has your job changed your opinion of fast food?

## Topics for Debate

1. This House argues that the five-a-day rule is unrealistic and unnecessary
2. This House argues that fast food is not a major cause of obesity
3. . . . a Big Mac and fries tastes great, so why shouldn't we eat them a few times a week?
4. . . . carrot sticks in a happy meal are no replacement for fries.
5. *McDonald's strives to endure quality from crop to counter and recognises the importance of a balanced diet and lifestyle.* This House supports this statement.
6. This House argues that companies like McDonald's and Burger King are merely supplying a demand. Why should they change their policies/food if people are happy to eat it?
7. *McDonald's recognises that it has a corporate responsibility and it is committed to the community, and providing relief and support to those who need it.* This House strongly opposes this statement and believes that McDonald's has had, and continues to have, a negative effect both culturally and socially.



# Chew On This: Worksheet 2

## Fast Food Nation?

Think about, discuss and answer the questions below. Then use your ideas to either:

- Write an article or a report on your research
- Write a letter to your local or national newspapers
- Write to or email big food companies to ask about their sourcing policies (e.g. how many use local food products?)
- Create slogans for an advertising campaign to rival those of fast food companies

Fast food chains like McDonald's and Burger King are shaping not only our High Streets but also, more worryingly, our diets. Every day, about 2.5 million people in the United Kingdom eat at McDonald's.

Are there ways in which we can challenge the dominance of the fast food chains?

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What alternatives are there? And do they offer the same value for money that McDonald's does?

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McDonald's spends more on advertising than any other food company. Does advertising play a significant role in getting people to go into McDonald's?

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If an organic, fresh food chain spent the same amount on advertising, do you think people would go there instead? Give reasons for your answers.

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What kind of food should healthy food companies be producing to help challenge the dominance of McDonald's? What type of foods would you like to see?

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Realistically, can McDonald's dominance be challenged or are we destined to be a fast food nation forever?

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# Chew On This: Worksheet 4

Students could try to keep a food diary. For example – if they start the diary on Monday and on Friday, the class/ teacher discuss the diaries and how improvements can be made to student's diets.

From your food diaries, divide the various types of food you have eaten over the past four days into the following groups:

## CARBOHYDRATES

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## PROTEIN

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## FATS & SUGARS

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## FRUIT & VEG

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Based on what you have written above, can you see any ways in which you might improve or alter your diet?

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What food do you eat the most of and is it bad for you? If so, what could you replace it with?

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How many glasses of water do you drink every day? Do you think you should drink more?

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Fruit and vegetables are very important in any diet. Do you eat 5 or more pieces a day? Can you think of ways in which you can increase your fruit and vegetable intake?

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From keeping a food diary, what have you learned about your diet and your eating habits?

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CHEW ON THIS



# Chew On This: Worksheet 5

As part of your food diary, you should also have kept a note about how you felt after you ate. Some foods can make us tired, others give us energy and some foods are great at relieving stress. By filling in the section below, you should be able to make sense of which food does what.

'I felt tired after I ate...'

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'My energy levels increased when I ate...'

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'When I felt stressed I ate...'

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Did the food you ate when you felt stressed out help to make you feel calmer? What foods were they?

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CHEW ON THIS

