

Name: \_\_\_\_\_

# Making Healthy Picks

Directions: Use the menu to answer the questions below.

## Mallside Diner Menu

### APPETIZERS

fried mozzarella cheese  
potato skins  
fresh fruit cup  
onion blossom  
big basket o' fries

### SALADS and SOUP

garden salad  
*Dressings: honey mustard, fat-free ranch, creamy garlic, light Italian*  
soup of the day: beef noodle  
*Your choice: cup or bowl of soup*

### LUNCH PLATTERS

hot dog  
grilled cheese  
turkey or ham sandwich  
tuna salad sandwich  
hamburger  
cheeseburger  
veggie burger  
chicken fingers  
*All lunch platters served with your choice of French fries, cheese fries, mashed potatoes, rice, side salad, or steamed vegetables. Bread choices: white, whole wheat, rye, hot dog/hamburger buns*

### PIZZA

small: 6 slices (10 in. diameter)  
large: 12 slices (16 in. diameter)  
*Available toppings: cheese, tomato slices, peppers, onions, mushrooms, broccoli, sausage, pepperoni*

### DESSERT

apple pie  
*with scoop of vanilla ice cream or frozen yogurt*  
brownie with whipped cream  
fat-free chocolate pudding

1. You are getting lunch at the Mallside Diner. What do you think would be a healthy order? Why?

\_\_\_\_\_  
\_\_\_\_\_

What sort of changes could you make so that your lunch is even healthier for you?

\_\_\_\_\_  
\_\_\_\_\_

2. Which lunch platter side dish do you think is healthiest? \_\_\_\_\_  
the least healthy? \_\_\_\_\_

3. Which is the healthiest order of the following choices?

- A. just the "big basket o' fries"
- B. potato skins, salad with creamy garlic dressing, fat-free chocolate pudding
- C. small pizza with cheese, tomatoes, peppers, and broccoli; and a fresh fruit cup for dessert

4. You are ordering lunch with two friends. One wants pizza with meat, the other wants it with vegetables. What do you do? \_\_\_\_\_

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\_\_\_\_\_