

## Time to eat out!!

Pretend you are at a restaurant and going to try to order food from the menu....

Each group should order **one typical/usual order** and **one healthy order**. In addition try to estimate the calories for each meal

### **Usual order when out to eat:**

Beverage: \_\_\_\_\_

Appetizer: \_\_\_\_\_

Main Course: \_\_\_\_\_

Dessert: \_\_\_\_\_

Estimated Calories: \_\_\_\_\_

Actual Calories: \_\_\_\_\_

### **"Healthy" order now when out to eat:**

Beverage: \_\_\_\_\_

Appetizer: \_\_\_\_\_

Main Course: \_\_\_\_\_

Dessert: \_\_\_\_\_

Estimated Calories: \_\_\_\_\_

Actual Calories:  
\_\_\_\_\_

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"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."