

Restaurant Detective



1. How you prepare food matters! Circle the healthy cooking terms below:

Baked	Fried	Pan-Fried	Grilled	Smothered
Creamy	Super Size	Broiled	Fresh	Batter-Dipped
Deep-Fried	Organic	Skinless	Crispy	Steamed

Look at these menu options. Can you circle the options that are the healthiest?

Salads & Starters

Garden salad with black beans, corn and salsa \$5

Creamy alfredo pasta with shrimp garlic butter
\$4

Mixed greens with creamy ranch dressing, extra cheese, and crispy bacon bits

Entrees

Fried chicken, smothered in cheese and marinara
\$8

Grilled Salmon with a side of steamed vegetables and mashed potatoes
\$7

3. For the menu option that you did not circle,
- Explain why you did not choose these options: They had works like creamy, smothered, extra cheese
 - How could you change these options to make them healthier? Change the pasta dish to marinara sauce with whole grain pasta, change the chicken to baked and leave out the cheese