



# 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       |

2. 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 | \$5 |

## Entrees



- |  |     |
|--|-----|
| Fried chicken, smothered in cheese and marinara                      | \$8 |
| Grilled Salmon with a side of steamed vegetables and mashed potatoes | \$7 |
| Baked chicken on a whole grain bun with tomatoes and cucumbers       | \$7 |

3. For the menu options that you did not circle,

a. Explain why you did not choose these options: \_\_\_\_\_

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

b. How could you change these options to make them healthier? \_\_\_\_\_

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

