



SECOND GRADE LESSON: Restaurant Food SC STANDARD: 2.FSS.3.5

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WOFFORD

It's your world.

RESTAURANT FOOD

OBJECTIVES:

- Understand how supply and demand play a role in business, especially restaurants
- Recognize that fast food is a major contributor to poor health
- Learn how to make healthy choices at restaurants

LET'S GET STARTED:

- Explain different types of restaurants, including fast food and sit-down dining
- Discuss how supply and demand affect businesses, especially restaurants
- Discuss ways in which restaurant food is unhealthy
- Explain ways to make healthy choices at restaurants

ACTIVITY:

- Students will find words in the Restaurant Word Search that relate to supply and demand as well as restaurants and fast food

WRAPPING UP:

- Remind students to make healthy choices when eating out and to try to reduce fast food intake
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 2.FSS.3.5 Explain the effects of supply and demand on the price of goods and services

MATERIALS:

- Restaurant Word Search
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week, we are going to talk about restaurant food! Ask students some of their favorite places to eat. Talk about both fast food and sit-down dining restaurants. Ask how restaurants decide what to serve.

DIALOGUE BOX

- Today we are going to talk about restaurant food! Who likes to eat out at restaurants? What are some of your favorite restaurants to eat at?
- There are lots of different types of restaurants. Some places have waiters and waitresses who take your order and serve you your food, and you might have to wait a while. Other places make your food quickly or even have a drive-thru where you don't have to get out of your car!
- Restaurants all have specialties and serve different things. Some places sell hamburgers and french fries, some places serve pasta and pizza, and some places serve nothing but ice cream!
- How do you think these restaurants decide what to put on their menu?
- Introduce the idea of supply and demand in relation to what restaurants serve. Discuss how advertising has a lot to do with success of restaurants because they depend on people's demand in order to operate. Discuss supply and demand in a larger context as well.

DIALOGUE BOX

- Restaurants decide what to serve based on what people like you want! If a restaurant serves something that nobody likes, they won't have very many people coming to eat their food, will they?
- You are able to buy things that the restaurants sell. You can't buy something that they don't have. You wouldn't be able to go to a Pizza Hut and order a hamburger!
- This cycle of you buying things and the restaurants selling things is called supply and demand. Supply is the amount of product a company is willing to sell for a certain price. The demand is the amount of the product a customer is willing to buy at that price.
- The restaurants supply the foods that customers demand. If there is no supply, you cannot buy things, just like if there is no demand, the restaurant can't sell things! Restaurants rely on you to buy their food so that they can make money. If they don't make money from selling you food, they can't stay open- it takes money to make the food they sell!



DIALOGUE BOX

- The idea of supply and demand applies to much more than just restaurants. All businesses are affected by supply and demand. All stores and businesses exist because there is a demand for their products. Shoe stores exist because people need shoes, and grocery stores exist because people need food. If there is a demand, stores will find a way to provide a supply.
- What happens when there isn't enough demand though? What if people don't need something a store is selling?
 - The store won't be selling very much, and it won't make as much money.
- What happens when there isn't enough supply? If stores don't have very much of a product but a lot of people want it, what happens?
 - If stores don't have very much, but a lot of people want it (there is a high demand), they can charge people more money for the product.
- All businesses depend on supply and demand. If nobody wants something that a store is selling, the store probably won't be able to sell it for very long because it isn't making any money. And if the people demand something that the store doesn't sell, the store may start to sell the item because people would pay for it, meaning the store would make money from selling it.
- Restaurants are the same way- they sell the food that people will buy, and people buy the food that restaurants sell!
- Discuss the health concerns that come with eating at restaurants, especially fast food.

DIALOGUE BOX

- We are very busy people today, and sometimes because of our busy schedules we eat out at restaurants a lot. It may be easier than cooking, or it may be that you are in a hurry and need to eat something on the go.
- Eating at restaurants, though, can be very unhealthy. Often, food at restaurants has a lot of calories, fat, sugar, and sodium- all things we need to be careful not to eat too much of.
- Consuming fast food is one of the major reasons people gain weight. Because we know fast food is unhealthy, we definitely should not eat it all the time- it is a Whoa food we should only eat sometimes instead of every day.
- Just like fast food is usually very unhealthy because of all the extra calories, fats, sugars, and sodium, the food at sit-down restaurants can be unhealthy too. The portion size they serve you is often two to three times the serving size you should eat! Their food may also be cooked with lots of added fats.
- You can still make healthy choices at restaurants when you go out to eat. Try avoiding fried things and adding vegetables or fruit as a side. Try

avoiding soda and get water or milk instead! Don't feel like you have to finish a large restaurant meal either- you can always ask for a box so you can take what you don't finish home and eat it the next day!

- You can limit the meals you eat at restaurants by cooking at home! Food cooked at home is usually healthier than what you would eat in a restaurant, and it can be fun too! Try cooking new recipes with your parents!
- Review that restaurants rely on supply and demand to function, and explain how that factors into what they offer on their menus

DIALOGUE BOX

- Remember that restaurants rely on supply and demand, so they serve what people buy. The items you see on menu are a reflection of what people want to eat.
- More restaurants have been adding things like fruit cups to their menus, or working to make their menu items healthier by taking out some of the extra fats and sugars.
- If people want to be healthier and demand more healthy foods, restaurants will have to respond to their demand by making their items healthier too!

ACTIVITY

- Distribute the Restaurant Word Search. Students will find words related to supply and demand as well as restaurant food.

WRAPPING UP

- Ask students if they can explain what supply and demand are. Ask how restaurants are dependent on supply and demand for business.
- Remind students that restaurant food, especially fast food, are often Whoa foods that should be limited. Remind them that they can still make healthy choices when eating out.
- Distribute the Boss' Backpack Bulletin with the



BOSS' RESTAURANT WORD SEARCH

Find each of the words in the word bank in the word search below.

B D Z E J Z L K Y U V F G V S
I V O T N D V E G Y T N R Y O
K D T O A P J V W Q I F M P D
M S H T F F V J D K R T Z K I
X O J E D T H H O Q I C V B U
U N E M B J S O Z E F M E D M
V J O G H Z C A Z G Q N E V T
S E I R O L A C F I S O N Z A
R Q R U A G K J I H U I B Z J
L J M Y S V D G Z I L T N C I
H L D U D P R E E C U R I W D
O N G D G N T I M H U O A M Y
X A Z Y W E C F O A Y P M Y T
R M V J S U P P L Y N P V H U
A Y F L Z I M R N O P D A N J

WORD BANK

CALORIES

FAT

SODIUM

SUGAR

PORTION

MENU

SUPPLY

DEMAND

FAST FOOD

BOSS' BACKPACK BULLETIN

BE HEALTHY WHEN EATING OUT THIS WEEK!



**Substitute
a fruit cup
instead of fries
at a fast food
restaurant**

**Take half of
your restaurant
meal home and
eat it later**

**Take half of
your restaurant
meal home and
eat it later**

**Order a side of
vegetables with
your dinner**

**Be adventurous
this week and cook
some meals at home!
Try Boss' recipe for black
bean quesadillas!**

BOSS' BLACK BEAN QUESADILLAS

Ingredients:

- 1 can black beans
- 1 can whole kernel corn
- 1/3 cup salsa
- 2 small tomatoes, diced
- 2 cups chopped spinach
- 1 cup shredded cheese
- 4 large tortillas

Directions:

1. Mash the beans in a bowl, and stir in salsa, corn, and tomatoes
2. Spread ½ cup of the bean mixture on one half of each tortilla
3. Top each tortilla with spinach and cheese
4. Fold tortillas in half and cook in a skillet over medium heat for 3-4 minutes, or until slightly brown
5. Flip tortillas and cook the other side and enjoy!