

ACTIVITY**Menu Speak**

Directions: Being familiar with common menu terms can help you make menu selections that meet your eating-plan goals when you eat out. Read through the following chart, then use the information to answer the questions that follow.

Menu Terms That Signal Less Fat

Term	Definition
au jus	served in the juices from roasting
blackened	seared in a hot skillet with spices until black
braised	browned and then simmered slowly in a small amount of liquid
fruit sauce	sauce of fruit
flame grilled	cooked on a grill over open flame
marinara	Italian sauce—tomatoes and seasoning
poached	cooked in simmering liquid
roasted	cooked in dry heat
steamed	cooked by steam from boiling water

Menu Terms That Signal More Fat

Term	Definition
alfredo	creamy Italian sauce—butter, heavy cream, and Parmesan cheese
au gratin	topped with bread crumbs or grated cheese
batter-fried	dipped in egg and bread crumbs and fried in oil
béarnaise	thick French sauce—tarragon, vinegar, onion, egg yolks, and butter
creamed	cooked in a rich cream sauce
hollandaise	thick sauce—vinegar, egg yolks, melted butter, and lemon juice
sautéed	cooked in fat or oil
scalloped	baked in a cream sauce

Menu Terms That Signal More Sodium

barbecued
cured
marinated
pickled
smoked
teriyaki
with soy sauce
with Creole sauce
with cocktail sauce

Continued

Menu Speak continued

Directions: Apply your knowledge of nutrition and the information from the Menu Terms charts to choose foods with the least fat and sodium from each group. On the line provided, write the letter of the meal or food item lowest in fat and sodium.

- _____ 1. A. Grilled shrimp
 B. Fried shrimp
 C. Shrimp teriyaki
 D. Shrimp cocktail

- _____ 2. A. Potatoes au gratin
 B. Creamed potatoes
 C. Mashed potatoes and gravy
 D. Boiled potatoes with dill

- _____ 3. A. Batter-fried chicken
 B. Barbecued chicken
 C. Roasted chicken
 D. Chicken alfredo

- _____ 4. A. Steamed green beans
 B. Creamed carrots
 C. Pickled tomatoes, cucumber, and red onions
 D. Asparagus with hollandaise sauce

- _____ 5. A. Cured ham
 B. Beef teriyaki
 C. Marinated steak
 D. Braised chicken breast

- _____ 6. A. Poached fish
 B. Fried fish
 C. Blackened fish with Creole sauce
 D. Fish marinated and grilled

- _____ 7. A. Sautéed vegetables
 B. Steamed vegetables
 C. Creamed vegetables
 D. Scalloped vegetables

- _____ 8. A. Sautéed chicken with Creole sauce
 B. Smoked chicken with gravy
 C. Roast chicken with béarnaise sauce
 D. Roast chicken with fruit sauce

- _____ 9. A. Flame-grilled pork chops with fruit sauce
 B. Barbecued pork chops with barbecue sauce
 C. Blackened pork chops with Creole sauce
 D. Sautéed pork chops with teriyaki sauce

- _____ 10. A. Beef teriyaki
 B. Beef au jus
 C. Beef barbecue
 D. Beef with béarnaise sauce

ACTIVITY

Ordering!

Directions: Many fast-food and small restaurants display a menu on a large sign or poster like the one shown below. On the lines provided, select a balanced light meal from the menu that is low in fat and sodium.

SANDWICHES		SIDE DISHES
Meats: Ham Bacon Roast beef Salami Batter-fried chicken Cheeses: American Swiss Cheddar Spreads: Mayonnaise Butter Mustard	Breads: White Whole wheat Whole grain multi-grain Rye Date nut Toppings: Grated cheese Lettuce Tomato Bean sprouts Olive oil Spices	French fries Fried onion rings Fresh fruit bowl Tossed garden salad Creamy potato salad DESSERTS Double nut brownie Fresh apple Apple pie Assorted nuts Chocolate chip cookie Frozen yogurt BEVERAGES Coffee Tea Milk Soda Juice Water

Sandwich:

Type of bread _____

Spread _____

Filling _____

Filling _____

Topping _____

Side dish: _____

Beverage: _____

Dessert: _____