

Let's Dine Out Scavenger Hunt

Description: This is a search for the better choice of foods or may be a search for specific foods to meet a description.

Objective: To learn how to make good choices when dining out.

Age Range: All ages

Setting: Large open area (gym, cafeteria, or outdoors with tables – weather permitting)

Materials

- Needed:**
- Secure from favorite fast food restaurants wrappers, cups, etc. to make a table to represent the restaurant (not necessary but does provide a fun environment)
 - Nutrition information from the restaurant or may use reference books (printing pages from their Web site may work best)
 - A creative scavenger list of items to locate
 - Pencils/pens

- Directions:**
1. You can play this game either as an individual playing against a time limit or as a team competition with the winning team as the one who finishes first. The teams can be selected by age, sex, birthdates, or occupants of one cabin versus another. Other ways to select teams include selecting two captains and letting them select campers one at a time for their teams or counting off each camper by number and having all the odd numbered campers on one team. If there are enough players for four teams, you can use a deck of playing cards and have each camper draw a card. All of the “hearts” can be placed on one team and all of the “clubs” on another team, etc.
 2. Give each team a scavenger list and pencil/pen. Allow them to read over the list so they are aware of the items they will be looking for. You can make the list to be the restaurant and what their item has as in count and amount, or you may have participants find a 2-carb/1-fat/2-meat sandwich. **Be creative with your list.**

Ideas for list:

- A. Who has the lowest fat biscuit? Hardee's, Burger King, or Kentucky Fried Chicken?
- B. What is the carb count for a slice of cheese pizza from
1. Papa John's, 2. Pizza Hut, and 3. Dominos?
- C. How many carbs are in a small order of fries from 1. Arby's,
2. McDonald's, and 3. Burger King?
- D. How much fat is in a milkshake from 1. Dairy Queen,
2. Hardee's, and 3. McDonald's?
- E. Find 3 restaurants that have a fish sandwich. What is the count
and the amount?
- F. Which is the better fat choice: a burrito or a taco from Taco Bell?

**Adaptations or
Modifications:**

None suggested.