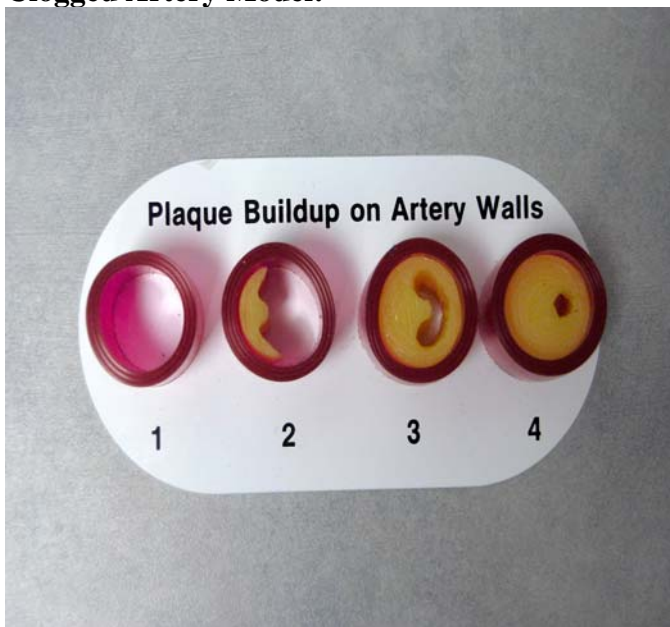


Jr. Chef Club Cooking for a Healthy Heart Lesson 7

MyPyramid Poster:



Clogged Artery Model:



Unhealthy Fats Poster:



Healthy Fats Poster:



Example Fast Food Posters:

Subway



A hand-drawn menu poster for Subway, featuring illustrations of sandwiches at the top and bottom ingredients at the bottom. The poster is held in place by four corner markers.

Subway	
Cold Cut Trio (6 inch)	5X
Tuna Salad Sandwich (6inch)	5X
Turkey Sandwich (6 inch)	1X
Ham Sandwich (6 inch)	1X
Potato Chips (baked)	1X
Bag of Chips (1 ounce)	3X
Chocolate Chip Cookie	3X

(6 inch turkey and ham sandwiches without cheese)

Illustrations of bread, tomatoes, lettuce, and more bread.

Taco Bell



A hand-drawn menu poster for Taco Bell, featuring illustrations of tacos at the top and a row of hot peppers at the bottom. The poster is held in place by four corner markers.

Taco Bell	
Hard or Soft Taco- Beef	3X
Fiesta Taco Salad	12X
Burrito- Bean	3X
Mexican Pizza	8X
Tostado	5X
Pintos & Cheese	2X
Mexican Rice	3X
Cinnamon Twists	2X

Illustrations of hot peppers.

McDonald's

