

ADV 1162 - D144 (29308)**Instructor:** Genevieve Hitchings

Monday, September 15, 2014 // Scavenger hunt instructions

Due: 9/22 (presentations in class)

Work in groups of three to obtain information about (3) healthy lunch options near City Tech.

The lunch must include all three of these items:

- One starch/ grain option (ex. potato, noodles, rice, bread)
- One Protein (ex. Fish, meat, cheese, eggs)
- Vegetables
- A beverage (could be water)

For the (3) lunches, which all must be within one (1) mile of the Namm building at 300 Jay Street. Use the chart below to keep track of your discoveries. Please note that you are not required to purchase or eat the meals, but you may need to visit the restaurant/ deli/ supermarket in person to obtain menu information.

Restaurant/ Store Name			
Restaurant location			
Description of meal (be specific)			
Starch			
Protein			
Vegetables			
Beverage			
Total cost			

Fat (g)			
Calories			
Sodium (mg)			
Protein (g)			
Sugars (g)			
"Servings"			