

Fast Food Final

Name _____

Choose one fast food restaurant. Go on line or to the restaurant and obtain the nutrition facts for it. Attach the nutrition fact sheets to this paper.

Choose 3 meals from that restaurant.

- 1. Healthy (low in fat and sodium, between 600 and 800 calories)
- 2. Typical (what people would usually eat)
- 3. The worst (high in fat, sodium and calories)

Record the meals and fill in the content area.

Healthy Meal

Food item	Calories	Fat gm.	Sodium
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Totals	_____	_____	_____

Typical Meal

Food item	Calories	Fat gm.	Sodium
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Totals	_____	_____	_____

Worst Meal

Food item	Calories	Fat gm.	Sodium
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Totals	_____	_____	_____

Reflection:

Will this assignment change the way you eat at this restaurant? Why or why not?

What will you tell your friends and family about their choices at this restaurant?