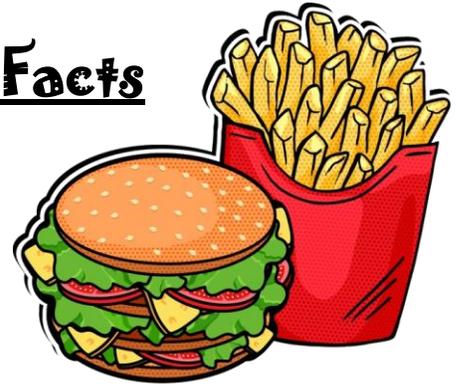


Fast Food Nutrition Facts



Watch the video:

Go to the website: www.fastfoodnutrition.org

- Click on **NUTRITION CALCULATOR**
- Choose **ONE local restaurant** that you frequently visit (or one you would choose if you were to go out for fast food)

FAST FOOD RESTUARANT: _____

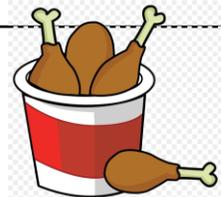
How often do you go to this restaurant? *(Circle the one that best applies)*

Every day	Once /week	Multiple times/ week	Once/ month	Multiple times/month	Every few months	Rarely/ special occasions
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ABBREVIATIONS TO KNOW:

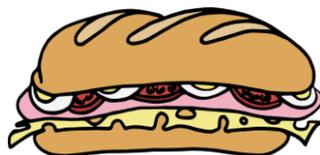
CAL- Calories CFF- Calories from Fat CHL- Cholesterol SOD- Sodium CARB- Carbohydrates Iron
 FBR- Fibre SGR- Sugar PRO- Protein VITA- Vitamin A VITC- Vitamin C CALC- Calcium

FYI : Sometimes water is NOT listed, because water would be 0 for all categories!



A) **YOUR NORMAL option:** List a meal you would typically order at this restaurant. (List items below). Then use the nutritional calculator to determine the nutritional value of your TOTAL meal. Fill in the table with the nutritional value (use TOTAL values only).

Calories	Calories from Fat	Fat	Cholesterol	Sodium	Carbs	Fibre	Sugar	Protein



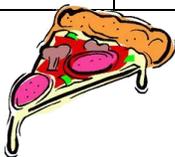
B) **HEALTHY option:** Now go through the menu options and try to find the HEALTHIEST meal you would order. List the food items below and fill in the table with the nutritional value (use TOTAL values only). (Just a bottle of water does NOT count!)



Calories	Calories from Fat	Fat	Cholesterol	Sodium	Carbs	Fibre	Sugar	Protein

C) **“THIS-COULD-KILL-YOU” option:** Try to find the worst possible meal you could order (for one person). Consider things high in fat and sodium. (List items below). Then use the nutritional calculator to determine the nutritional value of your meal. Fill in the table with the nutritional value (use TOTAL values only).

Calories	Calories from Fat	Fat	Cholesterol	Sodium	Carbs	Fibre	Sugar	Protein



Questions:

1. Did completing this activity change your view/ opinions about this particular fast food restaurant?

Why or why not?

2. Compare your information with someone else who did a DIFFERENT restaurant. Was their restaurant better/ worse/ same as yours? _____