

Name \_\_\_\_\_

Hr. \_\_\_\_\_

Family Foods, Mrs. Moehr, 26 points possible

# Fast Food Truths

1. List your top 3 food restaurants from the following choices and your favorite meal at each:

- 5 Guys Burgers and Fries
- Arby's
- Blimpies
- Burger King
- Chick-fil-A
- Culvers Dairy Queen
- Domino's Pizza
- Godfather's Pizza
- Hardee's
- Jimmy Johns
- KFC
- Little Caesars
- Long John Silver's
- McDonald's
- Papa John's
- Pizza Hut
- Sonic
- Starbucks
- Subway
- Taco Bell
- Taco John's
- Wendy's

Restaurant	Favorite Meal (ex. McDonald's cheeseburger, medium fries, and Diet Coke)

2. Visit the websites <http://www.fastfoodnutrition.org/>, <http://www.foodfacts.info/>, <http://fast-food-nutrition.findthebest.com/>, or other reliable fast food search engines of your choice. The sites provided allow you to analyze your choices using nutrition facts labels at various fast food restaurants.
3. Once you search the restaurant's menu, **click on the specific food item** to record the nutritional facts of each of the food items you have chosen for each restaurant. **NOTE: On most sites, you must click on the food item in order to see a complete set of nutritional facts for that item.** Complete the charts on the following pages.
4. After you have completed the charts, answer the questions on the last page using the general recommendations listed below. Keep in mind when answering the questions that you would eat only one of the restaurant meals in one day (don't assume you would eat all three meals in the same day). Also, when determining healthier alternatives, be sure to use the actual menu rather than just listing "salad" for every answer.

**General Recommendations** \*\*Activity level will impact these amounts\*\*

**Calories:**

Teen girls: 2,200 calories  
 Teen boys: 2,750 calories

**Fat:**

Teen girls: 73 g  
 Teen boys: 93 g

**Saturated Fat:**

Teen girls: 17 g  
 Teen boys: 21 g

**Trans Fat:**

Teen girls: 2 g  
 Teen boys: 3 g

**Cholesterol:** 300 mg or less

**Sodium:** 3,000 mg (or less)

**Carbohydrates:** 300-375 g

**Fiber:** 20-25 g

**Fast Food Restaurant #1** \_\_\_\_\_

Food Item	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
<b>TOTALS</b>											

How did your meals compares to your recommended daily amount? (Keep in mind you would most likely eat 2 more meals and possibly snacks) (1 pt)

Are your food choices part of a well-balanced diet? Why or why not? (1 pt)

What, **off this specific menu**, could you order to make a more nutritious meal? (1 pt)

Fast Food Restaurant #2 \_\_\_\_\_

Food Item	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
<b>TOTALS</b>											

How did your meals compares to your recommended daily amount? (Keep in mind you would most likely eat 2 more meals and possibly snacks) (1 pt)

Are your food choices part of a well-balanced diet? Why or why not? (1 pt)

What, **off this specific menu**, could you order to make a more nutritious meal? (1 pt)

Fast Food Restaurant #3 \_\_\_\_\_

Food Item	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
<b>TOTALS</b>											

How did your meals compares to your recommended daily amount? (Keep in mind you would most likely eat 2 more meals and possibly snacks) (1 pt)

Are your food choices part of a well-balanced diet? Why or why not? (1 pt)

What, **off this specific menu**, could you order to make a more nutritious meal? (1 pt)

How many times a week or month have you typically eaten at a fast food restaurant?

Overall, how has this activity and viewing of the film, SuperSize Me, affected your view on fast food? **Explain.**