






# Fast Food Quiz





Name:

Average Heart Rate:

Time spent in THRZ:

Time above THRZ:

<p>Starbucks</p> 	<p>Lowest sat. Fat</p>			<p>Highest Sat. fat</p>
<p>Burger King</p> 	<p>Main</p>	<p>Side</p>	<p>Drink</p>	
<p>KFC</p> 	<p>1. (most)</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> <p>6. (least)</p>			
<p>Hardee's</p> 	<p>Big chicken fillet sandwich -</p> <p>Big hot ham and cheese -</p> <p>Original thickburger -</p> <p>Bacon cheese thickburger -</p>			
<p>Pizza Hut</p> 	<p>Meat lovers</p>	<p>Supreme</p>	<p>Pepperoni</p>	<p>Veggie</p>
<p>Arbys</p> 	<p>Muffin</p>		<p>Number of calories =</p>	
	<p>Spaghetti and meatballs</p>		<p>Number of calories =</p>	

<p>McDonalds</p> 	<p>1. (Highest )</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5. (lowest)</p>	
<p>Subway</p> 	<p>1. (highest)</p> <p>2.</p> <p>3.</p> <p>4. (lowest)</p>	
<p>Taco Bell</p> 	<p>Burrito with the most sodium =</p>	
<p>Wendy's</p> 	<p>Pizza</p>	<p>Number of calories =</p>
	<p>Popcorn</p>	<p>Number of calories =</p>