

Fast Food Quiz Resources

Link	Resource
Portion Distortion Quiz	Portion distortion quiz 1 and 2 These have a ton of questions on how portions have grown larger and larger over time and also ask students to consider how long it would take them to burn off the excess calories in the modern day larger portion.
McDonalds nutritional information	This will link you to the calorie, fat, protein etc breakdown of all McDonalds meals
McDonalds nutritional information by item	This page allows you to select specific items on the menu and look at their nutritional info for them
Burger King nutritional information	PDF file of all products sold by Burger King
Subway nutritional information	PDF file of all products sold by Subway
Subway nutritional information by category	Select specific sandwiches, wraps, salads and view the nutritional information for them
Pizza Hut nutritional information	PDF file of all products sold by Pizza Hut
Wendy's nutrition guide	PDF file of all products sold by Wendy's
Wendy's nutrition guide by item	Choose the item you want to see its nutrients
Starbucks	Nutrient information for all Starbucks drinks and foods
Starbucks nutrient comparison	Select your size and milk type to calculate nutrient info.
Hardee's nutritional information	Click on an item and mouse over the red nutrition information wording to see the details. You can also use the calculator to make your own meal and view the nutrient breakdown
KFC nutrient calculator and guide	You can either view the information for all products by clicking on the guide or use the calculator to select a meal and its nutrient breakdown
Taco Bell menu calculator	Calculate the nutrient totals in your meal by selecting your chosen items
Taco Bell nutrition guide	All products in a PDF file
Arby's nutrition calculator	Calculate the nutrient totals in your meal by selecting your chosen items
Arby's full menu	All nutritional information for Arby's products