

WHAT'S IN MY "FAST FOOD"?

Name of restaurant _____

Your Name _____

FAVORITE MEAL	CALORIES	CALS FROM FAT	% DAILY VALUE	TOTAL FAT	SODIUM	% DAILY VALUE	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
TOTALS													

Favorite Beverage _____ = _____ calories _____ sugars _____ sodium

Favorite Dessert _____ = _____ calories _____ sugars _____ total fat

Do you think your meal choice is **very healthy, somewhat healthy, mostly unhealthy, or very unhealthy**? (Circle your answer)

Explain your answer: _____

FOR THE FOLLOWING QUESTIONS, LOOK AT ITEMS ON THE ENTIRE MENU TO FIND THE ANSWERS. (You may work together on this)

Which food item on this restaurant's menu has the **MOST** calories in it? _____ How many calories did it have? _____

Which item has the **MOST** sodium in it? _____ Amt. of sodium in it? _____ Which item has the most **TOTAL FAT**? _____

Which salad dressing has the most fat? _____ Which one has the least fat? _____

Which **small**-sized beverage/pop has the **most calories**? _____ Which one has the **fewest calories**? _____

Which one has the most **sugar**? _____ Which one has the most **sodium**? _____

How many ounces are in their largest sized soft drink (pop)? _____ How many calories in the largest Coke/Pepsi? _____

Compare medium-sized Iced Tea and Sweet Tea. What's the difference in calories? _____ In sugars? _____

If this restaurant has ketchup, how much sodium is in one packet of ketchup? _____

What meal could you eat and drink at this fast food restaurant that would be a healthier choice than what you normally eat there?

(List your choices for an **entire** meal here, including a beverage. You also may either select a healthier dessert or have no dessert).
