

Name: _____

Date: _____

Period: _____

Fast Food Nutrition Web Hunt

Directions: Use the website www.fastfoodnutrition.org to answer the questions below.

1. Burger King offers a Strawberry Banana Smoothie and a Strawberry Milkshake. Compare the nutrition facts of these two items by completing the table below.

	Strawberry Banana Smoothie	Strawberry Milkshake
Calories	_____ calories	_____ calories
Fat	_____ grams	_____ grams
Sugar	_____ grams	_____ grams
Cholesterol	_____ milligrams	_____ milligrams

2. Consider a meal from Arby's consisting of an Arby's Melt sandwich, medium curly fries and a small Pepsi.

- a. How many calories and grams of fat are in this meal? (Hint: use the "meal calculator")

_____ **calories**

_____ **grams of fat**

- b. To make this meal healthier, substitute one item from the meal with a healthier option from Arby's menu.

Substitute _____ **for** _____

- c. Explain how this substitution makes the meal healthier:

3. Select an entrée, side dish and beverage that you would like to eat from one of the restaurants listed on FastFoodNutrition.org. Fill out the chart below for this meal. (Hint: use the "meal calculator" feature on the website)

Restaurant Name: _____

	Item name	Calories	Fat	Saturated Fat	Cholesterol
Entree					
Side dish					
Beverage					
TOTAL					

Do you consider this to be a healthy meal? Explain your answer below:

4. Which item below has the most fat? Circle one:

- a) McDonalds Medium French Fries
- b) KFC Chicken Pot Pie
- c) Taco Bell Crunch Wrap Supreme
- d) Boston Market Roast Beef Brisket - Regular

5. Which item below has the least fat? Circle one:

- a) KFC Popcorn Chicken - Individual
- b) Burger King Chicken, Apple & Cranberry Salad with Tender Grilled Chicken
- c) Arby's Roast Beef Mid Sandwich
- d) Wendy's Ultimate Chicken Grill Sandwich