

Fast Food Calories Count-down!

Did you know that the average American eats fast food 4-5 times a week? Do you think most Americans stop and consider the calories and unhealthy nutrients that they are consuming when they order fast food? Use the **Fast Food Calorie Counter** link to answer the following questions. Write your answers on loose-leaf paper with a full heading. This assignment should be completed by the end of the class period.

1. Select your favorite restaurant and order a meal. Your meal must contain at least the following
 - A protein
 - A side
 - A beverage
2. Use the online counter and record the following information about your meal
 - List each item
 - Record the fat and calories for each item
 - Record the total fat and calories of the entire meal
3. Now, select a second meal but this time try to create a healthy meal. Follow steps one and two and record your results on your paper.
4. Compare the total calories and fat of each meal and explain how they impact a person's daily caloric and fat limits (total calories for one day – 2000, total fat for one day – less than 65 grams) and their overall health.
5. Repeat steps 1-4 using a different restaurant. Select a restaurant that you think would offer healthy choices and try to create two meals that you would *actually* eat and are also healthy.