

Name: _____

FAST FOOD AND YOU

Restaurant's with online nutritional info (choose one):

Wendy's
MacDonald's
Burger King
Dairy Queen
Arby's
Harvey's
Subway
Quizno's

Tim Horton's
A&W
Chicken Delight
Kentucky Fried
Chicken
Taco Bell
Pizza Hut
Boston Pizza

Domino's Pizza
Starbucks
Mr. Submarine
Taco Time
Wok Box
The Pita Pit
Robin's Donuts
Extreme Pita

STEP 1 of 3

- A.** Decide which fast food restaurant you would like to research (online or in person from the list).
- B.** Once you have chosen a restaurant, you are to plan a meal with a sandwich/burger, a side dish or appetizer (French fries, Salad, etc), a drink and a dessert.
- C.** For each item on your menu, record the total amount of calories, sodium, etc... in the table on the following sheet. Check the online nutritional information for the restaurant or go to the restaurant for the nutritional information handout.

Example meal that you would use to fill in the list with, use the name of the actual item on the menu.
Main course = 'Mr. Happy' Cheese Burger with bacon
Appetizer/Side Dish = Large 'Uncle Willy' Poutine (Fries with gravy and cheese curds)
Drink = Large 'Big Burp' Root beer (no ice)
Dessert = Medium 'Chillin' hot fudge sundae with nuts

FYI:

The recommended sodium intake for people aged 9 to 50 is 1,500 mg.
The recommended calorie intake per day is as follows:

Males (Calories per day)

Age	Sedentary ¹ Level	Low Active ² Level	Active ³ Level
9-13	1800	2000	2500
14-18	2200	2700	3200
19-30	2400	2600	3000
31-50	2200	2500	2900
51+	2000	2300	2600

Females (Calories per day)

Age	Sedentary ¹ Level	Low Active ² Level	Active ³ Level
9-13	1600	1800	2200
14-18	1800	2000	2400
19-30	2000	2200	2400
31-50	1800	2000	2200
51+	1600	1800	2100

STEP 2 of 3

Fill in the following list with menu items from the restaurant you chose.

Restaurant: _____

Menu Items Chosen	Total Calories Per Item	Fat (Trans and Saturated)	Carbohydrate	Sodium	Sugars
<u>Main Course</u>					
<u>Appetizer or Side Dish</u>					
<u>Drink</u>					
<u>Dessert</u>					
Totals:					

STEP 3 of 3

A. Answer the following questions:

1. List the food groups and the recommended servings of each for your age group.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

2. Which item on the menu has the highest calorie count?

3. Which item on the menu has the lowest calorie count?

4. Which drink is the healthiest for you (excluding water)?

5. Which main menu item is the healthiest for you?

6. Which side dish is the healthiest for you?

7. If you ate this meal for breakfast, lunch and dinner, would you be getting enough of each of the food groups? Would you be getting too much of a particular food group? By doing an internet search, what would be the possible consequences of this?

B. Answer the following questions by Google searching:

1. While eating out at a restaurant, we are generally given portions larger than recommended for a healthy diet. What are two ways you can control your food portions while eating out?

2. Why is breakfast the most important meal of the day?

Personal Questions – (write each in paragraph form / length)

1. Take a look in your fridge and pantry, make a list of the following fruits, vegetables, milk and milk products, whole-grain items, and other foods that are healthy. Your list should have two columns, put the fresh foods on one side and the canned, packaged and processed foods on the other.
2. Do you pack a lunch/snack to take to school, or do you buy something? What do you usually bring or buy? What could you bring or buy that would be a better choice considering the above list of what is available in your house?
3. How many times a week does your family eat together? Give an example of a meal that you would usually eat. Does it include foods from all the major food groups? What is missing and why?
4. Do you have sports or exercise equipment at home, including balls, bikes, and jump ropes? Why do you use them or why do you not use them?