

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

## Fast Food Nutrition Web Quest

Hunt Directions: Use the website [fastfoodnutrition.org](http://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.

	<b>Strawberry Banana Smoothie</b>	<b>Strawberry Milkshake</b>
<b>Calories</b>	_____ calories	_____ calories
<b>Fat</b>	_____ grams	_____ grams
<b>Sugar</b>	_____ grams	_____ grams
<b>Cholesterol</b>	_____ 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:

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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
<b>Entrée</b>					
<b>Side dish</b>					
<b>Beverage</b>					
<b>Total</b>					

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

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

- a) McDonalds Medium French Fries
- b) KFC Chicken Pot Pie
- c) Taco Bell Crunchwrap Supreme
- d) Boston Market Large Turkey Breast (Individual Meal)

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

- a) KFC Original Recipe Bites – 6 Piece
- b) Burger King Chicken, Apple & Cranberry Salad with Grilled Chicken
- c) Arby's Roast Beef Mid Sandwich
- d) Wendy's Ultimate Chicken Grill Sandwich