# Fast Food Nutrition Web Quest 2

Hunt Directions: Use the website 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 |
| Saturated Fat |   grams |   grams |
| Cholesterol |   milligrams  |   milligrams |

1. Consider a meal from Arby’s consisting of an Arby’s Melt sandwich, medium curly fries and small Pepsi. Use the meal calculator to figure out how many calories and grams of fat are in this meal.
	1. Calories\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grams of Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. To make this meal healthier, substitute one item from the meal with a healthier option from Arby’s menu.
	3. Substitute \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. Explain how this substitution makes the meal healthier: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Select an entrée, side dish and beverage that you would like to eat from one of the restaurants listed on FastFood Nutrition.org. Fill out the chart below for this meal (use the meal calculator)

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Item Name | Calories | Fat | Saturated Fat | Cholesterol |
| Entree |  |  |  |  |  |
| Side Dish |  |  |  |  |  |
| Beverage |  |  |  |  |  |
| Total |  |  |  |  |  |

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

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