

# Fast Food Analysis



**Professions:** Dietician/Nutritionist

**Grade Level:** 9-12

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** The students will compare fast food restaurant items by using a nutrition guide.

**Materials needed:** Worksheet, fast food restaurant nutrition guide, and fast food restaurant menu

**Nutrition Guides:** KFC's Menu, McDonald's Menu, Pizza Hut Menu, Subway Menu, Taco Bell Menu, Wendy's Menu

**Duration:** 1 class period

## **Instructions:**

- The teacher will put students in groups of 3.
- The teacher will assign a fast food restaurant to each group.
- The teacher will hand out fast food restaurant menu.
- The students will answer the first two questions on the worksheet using the menu.
- Once the students have answered the first two questions, the teacher will give the group the nutrition guide for their restaurant.
- The students will complete the worksheet using the nutrition guide.
- When the students have finished the worksheet, the teacher will then discuss the items chosen by the groups as the unhealthiest and healthiest meal.
- Ask the groups why they chose the items.
- As a class, decide the healthiest and unhealthiest fast food restaurant based on the nutrition guide, food options, and recommended daily amounts of sodium, fat, cholesterol, and carbohydrates.
- The teacher will then ask the class what information surprised them and what information did not.

## **References:**

- South Dakota Office of Rural Health