

HOTT ACTIVITIES



Fast Food Analysis

Name: _____

Date: 6-11-12

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

Nutrition Guide Worksheet

Name: _____ Fast Food Restaurant: _____

1. In your group, order what you decide to be the unhealthiest meal possible including desserts, side orders, main dish, drink, etc. Write down the items.

2. In your group, order what you decide to be the healthiest meal possible including desserts, side orders, main dish, drink, etc. Write down the items.

3. Using the nutrition guide for your fast food restaurant insert the necessary information into the following table from your unhealthiest meal.

Item	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Total:						

4. Calculate the total amount of Calories in your meal using the following conversion factors:

4 kcal = 1 g of protein; 4 kcal = 1 g of carbohydrates; 9 kcal = 1 g of fat; 1 kcal = 1 Calorie. Show your work. Compare your calculations to the total calories on the nutrition guide.

5. Using the nutrition guide for your fast food restaurant insert the necessary information into the table from your healthiest meal.

Item	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Total:						

6. Calculate the total amount of Calories in your meal using the following conversion factors:

4 kcal = 1 g of protein; 4 kcal = 1 g of carbohydrates; 9 kcal = 1 g of fat; 1 kcal = 1 Calorie. Show your work. Compare your calculations to the total calories on the nutrition guide.

Calories:		2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

7. Compare the recommended daily amount for sodium, cholesterol, and dietary fiber to your unhealthiest and healthiest meal totals. Explain your thoughts about your comparison. Was your healthiest meal really healthy? Explain.

8. Compare the recommended daily amount for total fat and total carbohydrates to your meal totals. Explain your thoughts about your comparison. Was your healthiest meal really healthy? Explain.

9. Did you realize how unhealthy fast food was for your health before the exercise? Did the exercise help you to understand proper food choices? Explain.

10. As you wait to order at a fast food restaurant, will you think more about the health of your meal?
Why or why not?