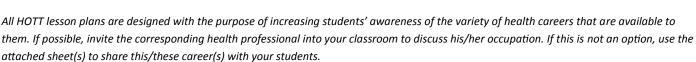
Fast Food Analysis

Professions: Dietician/Nutritionist

Grade Level: 9-12



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

