NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hour\_\_\_\_\_\_\_\_

**Fast-Food Discovery**

**Directions: Using the websites listed, answer the questions regarding the nutritional value of some of America’s favorite fast-food restaurants.**

1. Go to [www.subway.com](http://www.subway.com) (choose the Full Site option, if asked)
2. Click on “Menu & Nutrition” on the top.
3. Under the “Nutrition” menu on the right, click on “Nutrition Information.”
4. Scroll down past all the sandwich varieties and read the first sentence in the small green print. What does each sandwich above include for toppings?
5. What does the nutritional information NOT include for each sandwich above?
6. Which sandwich has the highest amount of calories (list calories and sandwich)?
7. Which sandwich has the least amount of calories (list calories and sandwich)?
8. Which sandwich has the most TOTAL FAT (g)?
9. Which sandwich has the fewest TOTAL FAT (g)?
10. Calculate the total calories and fat (g) for the following meal…

12 inch Cold Cut Combo on 9-Grain Wheat Bread with 4 Strips of Bacon, 4 Triangles of American Cheese, 3 Tablespoons (T) of Mayonnaise, 2 Chocolate Chip Cookies and a regular coke.

|  |  |  |
| --- | --- | --- |
| **Parts of Sandwich** | **Calories** | **Total Fat (g)** |
| 12 inch Cold Cut Combo on 9-Grain Wheat Bread |  |  |
| 4 Strips of Bacon |  |  |
| 4 Triangles of American Cheese |  |  |
| 3 Tablespoons (T) of Mayonnaise |  |  |
| 2 Chocolate Chip Cookies |  |  |
| Regular Coke (20 oz.) | 240 | 0 |
| **TOTAL** |  |  |

Based on a 2200 calorie/day diet, what percentage of daily calories does this meal comprise?

1. In the space below, list all the parts of your favorite Subway meal. If you do not regularly eat at Subway, create a sandwich you would order and calculate the total calories and fat.

|  |  |  |
| --- | --- | --- |
| **Parts of Sandwich** | **Calories** | **Total Fat (g)** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| **TOTAL** |  |  |

Based on a 2200 calorie/day diet, what percentage of daily calories does this meal comprise?

1. Go to [www.chipotle.com](http://www.chipotle.com)
2. Click on “Menu” and select “Nutritional Information.”
3. Of the 4 types of meat served at Chipotle (Chicken, Carnitas-pork, Barbacoa-beef, and Steak), which has the most grams of Total Fat per serving?
4. Tortilla Chips and Guacamole make for a delicious side dish. Calculate the calories and total fat of both combined.

|  |  |  |
| --- | --- | --- |
| **Food** | **Calories** | **Total Fat (g)** |
| Chips (4 oz.) |  |  |
| Guacamole (3.5 oz) |  |  |
| **TOTAL** |  |  |

1. Mr. Sagan loves to eat at Chipotle. Calculate the totals for his favorite Chipotle meal below…

|  |  |  |
| --- | --- | --- |
| **Food** | **Calories** | **Total Fat (g)** |
| Flour Tortilla |  |  |
| Cilantro-Lime Rice |  |  |
| Black Beans |  |  |
| Carnitas |  |  |
| Fresh Tomato Salsa |  |  |
| Roasted Chili- Corn Salsa |  |  |
| Cheese |  |  |
| Sour Cream |  |  |
| Guacamole |  |  |
| Romaine Lettuce (1 oz.) |  |  |
| Chips |  |  |
| Guacamole (yes, more) |  |  |
| Dr. Pepper (20 oz.) | 250 | 0 |
| **TOTAL** |  |  |

Based on a 2200 calorie/day diet, what percentage of daily calories does this meal comprise?

1. Create a meal from Chipotle that is under 1000 calories. (Include water or Diet Coke for Zero calories.)



1. Go to [www.google.com](http://www.google.com)
2. Search for “mcdonalds nutrition facts”
3. Click on “(PDF) McDonald’s USA Nutrition Facts…”
4. Which item on the menu has the HIGHEST calorie content?
5. How many calories does one McRib sandwich have?
6. Find the total Calories and Total Fat (g) for each of the following…

|  |  |  |
| --- | --- | --- |
| **Food** | **Calories** | **Total Fat (g)** |
| Big Mac |  |  |
| Double Cheeseburger |  |  |
| McChicken |  |  |
| Chicken McNuggets (10 piece) |  |  |
| Sausage McMuffin with Egg |  |  |
| Large French Fries |  |  |

1. Find 3 other entrees (main course meal such as a burger or chicken sandwich) that you like from McDonald’s and list the Calories and Total Fat (one must be for breakfast)…

b.

c.

1. Create one meal from McDonald’s that includes a sandwich, side dish (fries, salad, etc) and drink that is less than 650 combined calories. (list each item and calories)
2. Pick a fast-food restaurant of your choice (Taco Bell, Arby’s, Hardee’s, Burger King, Wendy’s, etc). Using [www.google.com](http://www.google.com), find the nutritional information for the restaurant you chose. List your 3 of your favorite food choices from that restaurant and their Calorie and Total Fat (g) contents.
3. What food choice at this restaurant has the highest number of calories?
4. List 3 main-course food options that are each under 350 calories?
5. After researching some popular fast-food restaurants, evaluate your own typical diet when eating out. (10=excellent and under 600 calories, 5=average and under 900 calories, 1=poor and most meals exceed 1000 calories)
6. How will this assignment impact the decisions you make when choosing fast-food for a meal? (no impact is not an acceptable answer).

