

Name: _____

Date: _____



“Your Road to Health” Activity

Fast Food Feast

Part 1



Directions:

- Think about your favorite fast food meal. Write down the name the name of the restaurant above the table on this page.
- In Column 1 of the table, write the name of each food and beverage that are part of that meal. Use a separate line for each food and beverage.
Example: McDonald’s Restaurant: McChicken Sandwich, Fries, and an sweetened iced tea
- In column 2, enter the amount you typically consume in 1 serving.
- For columns 3-7, do an internet search for that restaurant’s website. Find the nutrition information (if available), and use it to look up the calories, total fat, sugar, sodium, and dietary fiber in each item. Record the information in the table. Then add up the total calories and nutrients for the meal, and record it in the bottom row of the table.

Name of Restaurant _____

My Typical Meal

Name of Food or Beverage	Serving Size	Calories	Total Fat Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Dietary Fiber Grams (g)
TOTAL FOR THE MEAL						

Name: _____

Date: _____



Fast Food Feast

Part 2



Directions:

- Think of ways that you can improve your meal choice in Part 1 of this activity. In Column 1 of the table below, write down your ideas for **healthier alternatives** to eat at the same restaurant.
- Use the nutrition information from the same website to look up the serving size, calories, total fat, sugar, sodium, and dietary fiber for each item. Record this information in the table below. Add up the totals for the meal in the bottom row of the table.

Name of Restaurant _____

Healthier Fast Food Meal

Name of Food or Beverage	Serving Size	Calories	Total Fat Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Dietary Fiber Grams (g)
TOTAL FOR THE MEAL						

Explain why you consider these to be healthy alternatives: _____
