**WHAT’S IN MY “FAST FOOD”?**

Name of restaurant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Favorite Meal: Calories Cals. from Fat % Daily Value Total Fat Sodium % Daily Value Fiber Sugars Protein Vit. A Vit. C Calcium Iron

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

TOTALS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Favorite Beverage \_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_ calories \_\_\_\_\_\_\_ sugars \_\_\_\_\_\_sodium

Favorite Dessert \_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_ calories \_\_\_\_\_\_\_\_ sugars \_\_\_\_\_\_total fat

Do you think your meal choice is **very healthy, somewhat healthy, mostly unhealthy, or very unhealthy**? (Circle your answer) Explain:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**FOR THE FOLLOWING QUESTIONS, LOOK AT ITEMS ON THE ENTIRE MENU TO FIND THE ANSWERS. (You may work together on this)**

Which food item on this restaurant’s menu has the **MOST** calories in it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How many calories did it have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which item has the **MOST** sodium in it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Amt. of sodium in it?\_\_\_\_\_\_\_\_\_\_ Which item has the most **TOTAL FAT**?\_\_\_\_\_\_\_\_\_\_

Which salad dressing has the most fat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which one has the least fat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which **small**-sized beverage/pop has the **most calories?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which one has the **fewest calories**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Which one has the most **sugar**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which one has the most **sodium**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many ounces are in their largest sized soft drink (pop)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How many calories in the largest Coke/Pepsi? \_\_\_\_\_\_\_\_\_\_\_\_\_

Compare medium-sized Iced Tea and Sweet Tea. What’s the difference in calories? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ In sugars? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If this restaurant has ketchup, how much sodium is in one packet of ketchup? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What meal could you eat and drink at this fast food restaurant that would be a healthier choice than what you normally eat there?

 (List your choices for an **entire** meal here, including a beverage. You may also either select a healthier dessert or have no dessert).

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