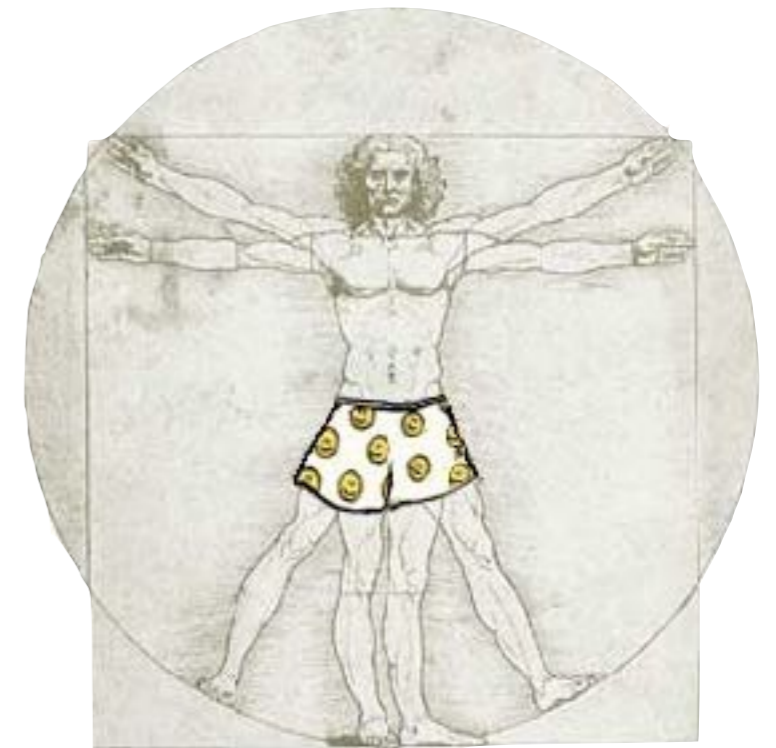
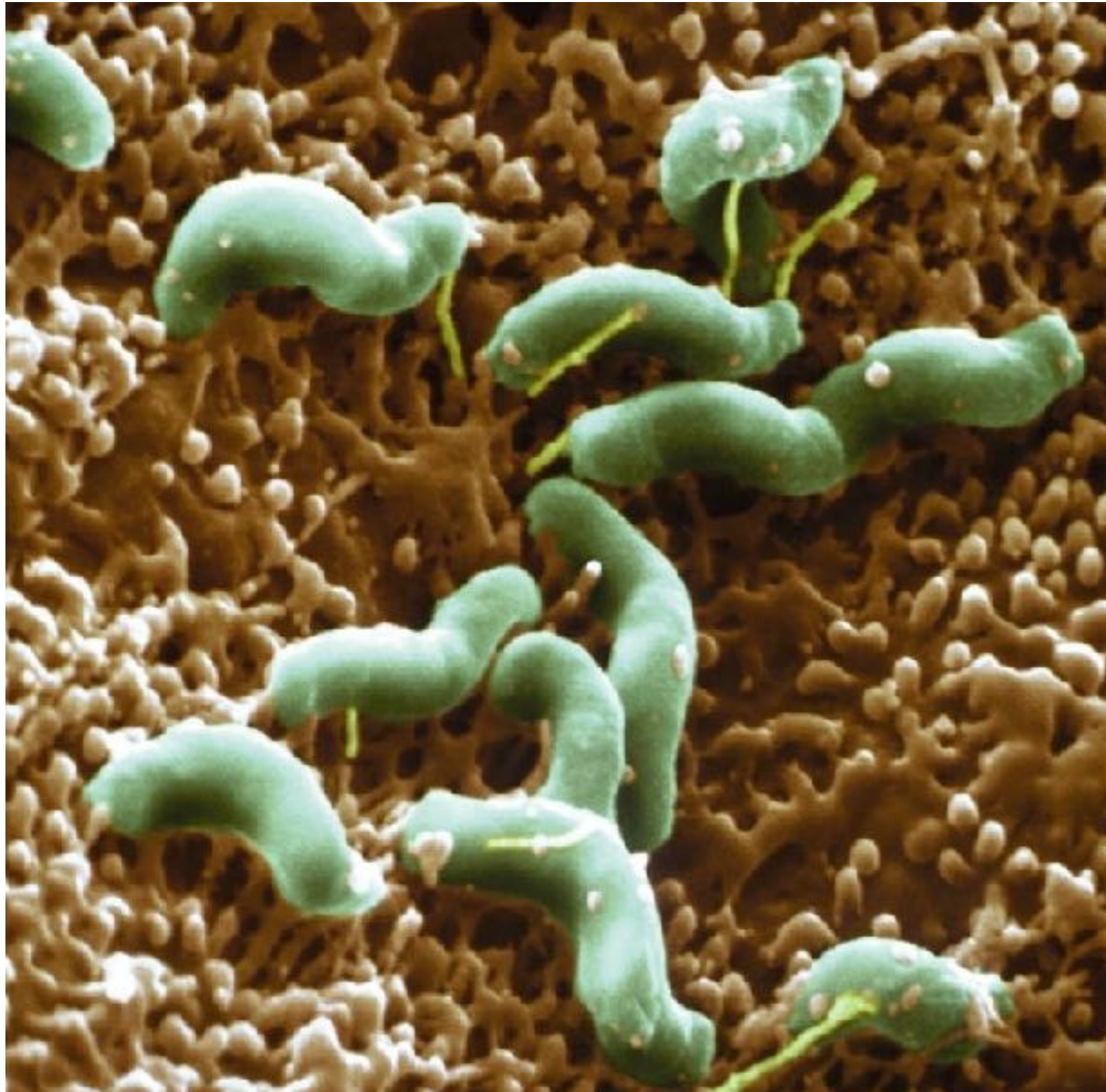


Unit 14

Fast Food Nutrition



Miss School, Miss Out!

Fast Food Nutrition

Question: Can you eat a healthy meal at a typical fast food restaurant?

Prediction:

Procedure: Compare a healthy fast food meal to an unhealthy fast food meal. Finally, evaluate a fast food meal you might eat to your daily nutritional requirements.

Observations: Calculate your allotted daily calories. What percent of your daily total calories were each of the meals?

Analysis & Conclusion: Analyze your prediction. How "healthy" was your fast food meal?

<https://goo.gl/forms/FNtHnYa5ZhmANT4q1>



Healthy Meal

| <i>Food Item</i> | <i>Fat Calories</i> | <i>Total Fat (g)</i> | <i>Total Protein (g)</i> | <i>Total Carbs (g)</i> | <i>Dietary Fiber (g)</i> | <i>Total Calories</i> |
|----------------------------|---------------------|----------------------|--------------------------|------------------------|--------------------------|-----------------------|
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| | | | | | | |
| <i>Meal Totals:</i> | | | | | | |

Unhealthy Meal

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|----------------------------|--|--|--|--|--|--|
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| | | | | | | |
| <i>Meal Totals:</i> | | | | | | |

My Meal (Lunch or Dinner)

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|----------------------------|--|--|--|--|--|--|
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| | | | | | | |
| <i>Meal Totals:</i> | | | | | | |