Fast Food Nutrition Web Quest

Hunt Directions: Use the website fastfoodnutrition.org to answer the questions below.

1. Burger King offers a Strawberry Banana Smoothie and a Strawberry Milkshake. Compare the nutrition facts of these two items by completing the table below.

<table>
<thead>
<tr>
<th></th>
<th>Strawberry Banana Smoothie</th>
<th>Strawberry Milkshake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>_______________ calories</td>
<td>_______________ calories</td>
</tr>
<tr>
<td>Fat</td>
<td>_______________ grams</td>
<td>_______________ grams</td>
</tr>
<tr>
<td>Sugar</td>
<td>_______________ grams</td>
<td>_______________ grams</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>_______________ milligrams</td>
<td>_______________ milligrams</td>
</tr>
</tbody>
</table>

2. Consider a meal from Arby's consisting of an Arby's Melt sandwich, medium curly fries and a small Pepsi.
   a. How many calories and grams of fat are in this meal? (Hint: use the "meal calculator")
      ___________ calories       ___________ grams of fat

   b. To make this meal healthier, substitute one item from the meal with a healthier option from Arby's menu.
      Substitute ___________________________ for ___________________________

   c. Explain how this substitution makes the meal healthier:
      ____________________________________________________________
      ____________________________________________________________
      ____________________________________________________________
      ____________________________________________________________
      ____________________________________________________________
3. Select an entrée, side dish and beverage that you would like to eat from one of the restaurants listed on FastFoodNutrition.org. Fill out the chart below for this meal. (Hint: use the “meal calculator” feature on the website)

Restaurant Name: ________________________________

<table>
<thead>
<tr>
<th>Item Name</th>
<th>Calories</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entrée</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Side dish</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beverage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Do you consider this to be a healthy meal? Explain your answer below:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. Which item below has the most fat? Circle one:
   a) McDonalds Medium French Fries
   b) KFC Chicken Pot Pie
   c) Taco Bell Crunchwrap Supreme
   d) Boston Market Large Turkey Breast (Individual Meal)

5. Which item below has the least fat? Circle one:
   a) KFC Original Recipe Bites – 6 Piece
   b) Burger King Chicken, Apple & Cranberry Salad with Grilled Chicken
   c) Arby's Roast Beef Mid Sandwich
   d) Wendy's Ultimate Chicken Grill Sandwich