Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_

FAST FOOD NUTRITIONAL WEBHUNT
Formative Assessment

 **Directions:** Use the website www.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.

|  |  |  |
| --- | --- | --- |
|  | Strawberry Banana Smoothie | Strawberry Milkshake |
| Calories |  |  |
| Fat |  |  |
| Sugar |  |  |
| Cholesterol |  |  |

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)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Item Name | Calories | Fat | Saturated Fat | Cholesterol |
| Entrée |  |  |  |  |  |
| Side Dish |  |  |  |  |  |
| Beverage |  |  |  |  |  |
| Total |  |  |  |  |  |

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 Crunch Wrap Supreme

d) Boston Market Roast Beef Brisket - Regular

5. Which item below has the least fat? Circle one:

a) KFC Popcorn Chicken - Individual

b) Burger King Chicken, Apple & Cranberry Salad with Tender Grilled Chicken

c) Arby's Roast Beef Mid Sandwich

d) Wendy's Ultimate Chicken Grill Sandwich