

Favorite Fast Food Meal Nutrition Facts

Objective: Use the Internet and spreadsheets to find calories and fat in a typical fast food meal.

★ Step One:

Pick a fast food restaurant you would like to visit. (See ideas below.) Visit their nutrition information page once you locate the restaurant's website.

- McDonald's: <http://www.mcdonalds.com/usa.html>
- Burger King: <http://www.bk.com/>
- Wendy's: <http://www.wendys.com>
- Other Restaurants: <http://www.nutritiondata.com/> (This site allows you to search many fast food restaurant sites.)

Once there, plan a meal with a sandwich, salad or other main dish, a side dish (french fries, etc), a drink, and a dessert. For each item on your menu, record the total calories and the calories from fat.

★ Step Two:

Open a blank Excel workbook. Save it as **xxx-Fast Food** (replacing xxx with your initials). Enter your food items and nutrition data the spreadsheet (see example below):

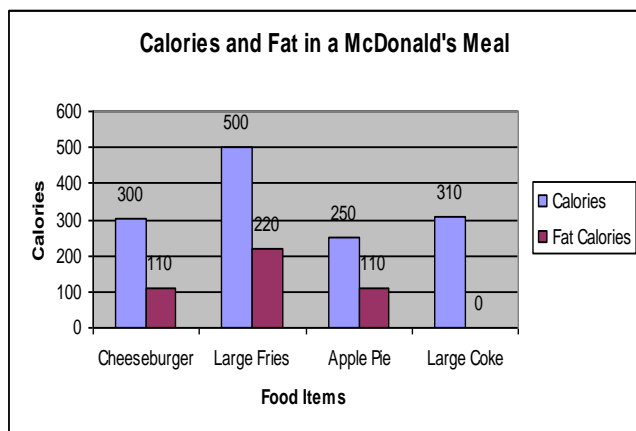
| | A | B | C | D | E |
|---|--------------|----------|--------------|------------------|-------------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | Cheeseburger | Calories | Fat Calories | Non-Fat Calories | Percentage of Fat |
| 5 | Large Fries | | | | |
| 6 | Apple Pie | | | | |
| 7 | Large Coke | | | | |
| 8 | Total | | | | |
| 9 | | | | | |

Entering Data and Formulas:

- Set up your Excel spreadsheet similar to the one above. **Don't forget to add a title.** Use your formatting skills. You will enter the calories in column B and fat calories in column C.
- To figure out non-fat calories, write a formula to subtract the fat calories from the total calories. (EXAMPLE: =B2-C2)
- To figure out the percentage of calories from fat, divide fat calories by calories. Format the cells in column E for percentage. (EXAMPLE: =C2/B2)
- To figure out total calories, total fat calories, and total non-fat calories, you can use the AutoSum button (or write a formula).
- To figure out the total percentage of fat, divide total fat calories by total calories.

★ Step Three:

Creating Charts: You will create three charts for this project. Rename Sheet2 **Charts**. Place each chart on your new Charts worksheet (formerly Sheet2). **Resize each chart appropriately.**



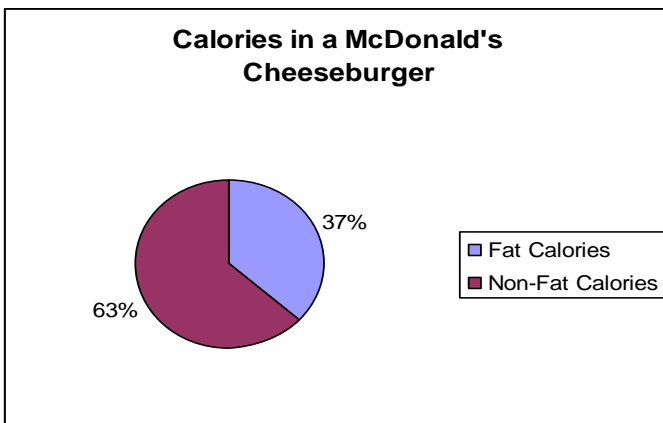
Create this column chart by selecting the data in columns A, B, and C. Do **not** include the Total information.

Give the chart an appropriate title.

Create titles for the X and Y axes.

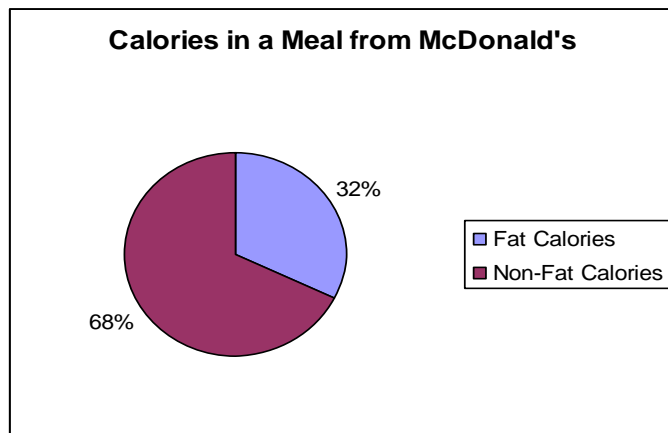
Include the legend.

Add data labels that show the value.



Create this chart by selecting **both** of the fat and non-fat calories for one of the items on your menu. You'll need to select the labels in cells C3 and D3 and then the calories. (Don't forget to hold down the Control key to select data that isn't right beside each other.)

Add an appropriate title and data labels that show the percentage. Decide if you want a legend or data labels.



Create this chart by selecting your **total** fat and non-fat calories for the entire meal found in cells C8 and D8. You'll need to select the labels in cells C3 and D3 and then the calories. (Don't forget to hold down the Control key to select data that isn't right beside each other.)

Add an appropriate title and data labels that show the percentage. Decide if you want a legend or data labels.

★ Step Four:

Visit the United States Department of Agriculture to find out more about healthy eating guidelines (<http://www.nal.usda.gov/fnic/dga/dga95/cover.html>). Browse through this site and answer the questions on your handout.

★ Step Five:

Using Microsoft Word, type a brief report about your findings.

Paragraph #1: Introduction should include which restaurant you chose and why you chose the items on your menu.

Paragraph #2: Summarize your findings about your meal including number of calories, percentage of fat, etc. Copy and paste one of your charts into your document as supporting evidence.

Paragraph #3: Compare and contrast your meal with another student. Name that student in your document. Whose meal was healthier? Was it the restaurant they chose or the food items that made it better or worse? Etc.

Paragraph #4: Use the information from the Department of Agriculture to evaluate your meal. How does your percentage of fat compare to the percentage recommended? What about other guidelines like eating fruits and vegetables. Have you planned a healthy meal? What changes might you make in your meal to make it healthier?

Turn In:

Staple all of the following together:

- 1) Spreadsheet printout
- 2) Spreadsheet showing formulas
- 3) Charts worksheet
- 4) Report (Word document)
- 5) Grade sheet (with answers to questions on back)

Name: _____

Block: _____

US Department of Agriculture

Dietary Guidelines for Americans

Visit the USDA Web Site <http://www.nal.usda.gov/fnic/dga/dga95/cover.html> to find the answers to the following questions.

Click on Introduction:

1. How many calories does a gram of carbohydrate have? _____
2. How many calories does a gram of fat have? _____

Click on Eat A Variety of Foods:

3. Find the food guide pyramid. How many servings of each of the following does it recommend?
 - a. Fats, Oils, and Sweets _____
 - b. Milk, Yogurt, and Cheese _____
 - c. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts _____
 - d. Vegetable _____
 - e. Fruit _____
 - f. Bread, Cereal, Rice, and Pasta _____

Click on Balance the Food You Eat with Physical Activity:

4. How much moderate physical activity should you have per day? _____
5. What does sedentary mean? _____

Click on Choose a Diet Low in Fat:

6. What percentage of fat should you have in your diet? _____