



Names: _____

Period: _____ Date: _____

What fast food restaurant are you researching? _____

We are comparing: (circle one) **CALORIES** **TOTAL FAT**

List items from best (least amount of calories or fat) to worst

Main Food items (burgers, tacos, chicken nuggets)	amount	Complimentary Items (fries, onion rings, mexi- fries)	amount	Desserts (shakes, cookies, cinnamon twists)	amount
					
					

5. Make a poster from your chart. List the name of your restaurant in **BIG letters** and if you are comparing **fat** or **calories**

-Your poster **must** include a COMPARISON: Show a realistic, but ***unhealthy*** items or meal versus realistic but ***healthier*** lower calorie or low-fat item or meal. Example on back...

Example: Calories at Zeke's Drive-in

Would you choose this?:

Or this?

Double Cheeseburger - 1050

Chili Cheese Fries - 900

Oreo Cookie Shake - 1100

TOTAL = 3050



Grilled Chicken Burger - 750

Salad w/ Italian Dressing - 450

Diet Coke - 0

TOTAL = 1200

Unhealthy -Versus- Healthier