**Fast Food Fun**  
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Objective: Use the Internet and spreadsheets to find calories and fat in a typical fast food meal.  
[Project Rubric](http://www.wmburgweb.com/Resources/Lesson/rubric.htm):  Information on how this project will be graded.  
**Procedure: Step One:**Decide which fast food restaurant you would like to visit. Click on that restaurant's web site below.  
McDonald's:  
Burger King:   
Wendy's:   
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:**Enter your data in an Excel spreadsheet. [Click here to see a sample and directions for completing the spreadsheet](http://www.wmburgweb.com/Resources/Lesson/spreadsheet.htm). When you have finished your spreadsheet and charts, [complete the handout](http://www.wmburgweb.com/Resources/Lesson/handout1.htm) and return here for the rest of the project directions.  Compare your answers to at least one other student.  In your notebook, record information about which restaurant they visited, what food they ate, and the nutritional content of that food.    
**Step Three:**Visit the United States Department of Agriculture to find out more about healthy eating guidelines: <http://www.nal.usda.gov/fnic/dga/dguide95.html>  Browse through this site and [answer the questions on your handout.](http://www.wmburgweb.com/Resources/Lesson/handout2.htm)  
**Step Four:**Using Microsoft Word, type a three paragraph report about your findings.   
**Paragraph #1:** Introduction including which restaurant you chose and 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.  Use the information you recorded in step 2.  
**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?    
When you finish the report, print it, attach it to your other handouts and put the whole packet in the basket.