

### Assessment 06.3 Fast Food Lunch Possible points: 25

We live in a society that spends a lot of time and money eating fast food. Selecting a variety of food-group foods and being aware of how much we are actually eating requires practice. Most foods we eat count as one portion and we get the full amount of nutrients from that portion size. Occasionally we eat half a portion and in this case we get half the amount of nutrients. An example would be having slices of tomato on a sandwich or a slice of cheese on a hamburger. When foods are combined with other food, they often count as one-half or two servings.

1. Think about a taco. How many different food groups are represented?
2. How many food groups are represented on a slice of cheese pizza?

Part A: Scenario 1: Pretend you are at the mall with some friends. You have the following options at the food court. Visit one of these restaurants and order what you would normally order. Write down what you ordered and record the following information:

- Food Items: Cheeseburger, french fries, chocolate shake etc.
- How many total calories in the meal?
- Break down each food into calories: include: Total fat - saturated, unsaturated, trans fat etc. cholesterol, sodium, total carbohydrates - dietary fiber, sugars and, protein. Be sure to include all drinks.

Select from any of the following websites and look under nutritional information to plan your meal.



**Burger King**

<http://www.bk.com/>

Click on [Our Menu](#) and [Nutrition](#)



**Taco Bell**

<http://www.tacobell.com/>

Click on Nutrition Guide



**McDonalds**

<http://www.mcdonalds.com/usa/eat/html>



**Subway**

<http://www.Subway.com/> Click on [Menu/Nutrition](#)

**Part B: Scenario 2:** Pretend you are at the mall with some friends. You have the following options at the food court. Visit one of these restaurants and order with the following criteria. Complete the same nutrition information as Part A.

Plan a fast food lunch that meets the following requirements:

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Contains one food from each of the food groups

 Brains, Breads & Cereals

 Fruits

 Milk & Milk Products

 Meat, Beans & Nuts

 Vegetable

Meal cannot exceed more than 700 total calories (about 1/3 of your total daily calories).

Contains no more than 20 grams of fat (about 1/3 of your total daily fat gram allowance).

**Learning Journal Entry:** Explain all response. Yes and no answers are not acceptable.

Compare the two menu choices. Did you choose the same items or different items? Summarize your methods for pickling healthy food options. Did you choose items that you would choose in real life, or did you select using other criteria? Did anything surprise you about some of the calorie counts? Why? How might you use what you have learned the next time you order a fast food meal?