



FAST-FOOD FRENZY DISCOVERY WORKSHEET

Name _____ Date _____

Station 1: Unclog Those Arteries

1. What did the two different pieces of paper represent?

2. What did pinching the straw represent?

3. What can clog up a person's arteries?

4. What was the purpose of this activity?

FAST-FOOD FRENZY DISCOVERY WORKSHEET *(continued)*

Station 2: Sugar Time

Complete this chart.

| Name of beverage | Your guess (number of teaspoons of sugar) | Actual number of teaspoons of sugar in each can |
|------------------|---|---|
| 1: | | |
| 2: | | |
| 3: | | |
| 4: | | |

1. Which soda has the most sugar? _____

2. How does sugar affect your body?

3. Complete this chart. (Hint: Look at serving size, too!)

| Name of beverage | Calories in each can |
|------------------|----------------------|
| 1: | |
| 2: | |
| 3: | |
| 4: | |

a. List the beverages shown in the preceding chart from highest to lowest in number of calories:

Highest: _____

Lowest: _____

b. If you need 2,000 calories each day, what percentage of your calories would come from drinking three cans of beverage 1 on the chart? _____

FAST-FOOD FRENZY DISCOVERY WORKSHEET *(continued)*

Station 3: Instead of . . . Why Not Try

1. Use the Calorie Chart to determine the actual number of calories for each of the food items on the 14 index cards:

Apple _____

10 potato chips _____

Angel food cake (one piece) _____

10 pretzels _____

One brownie _____

One can of soda (select one you like) _____

One cup of frozen low-fat yogurt _____

One tablespoon of mayonnaise _____

One cup of fruit juice _____

One teaspoon of yellow mustard _____

Devil's food cake (one piece) _____

1 ounce (30 g) of macadamia nuts _____

1 ounce (30 g) of almonds _____

One cup of ice cream _____

2. What was the purpose of this station?

FAST-FOOD FRENZY DISCOVERY WORKSHEET *(continued)*

Station 4: Lunch Menu Suggestions

1. Which of the foods on this school menu do you like? Why?

2. Which of the foods on this school menu do you dislike? Why?

3. List five healthful foods that you would like the cafeteria to add to the school lunches.

4. Other than offering different food choices, how could the cafeteria become a more appealing dining area?

5. Be certain to complete two Lunch Menu Suggestion Cards and place them in the Suggestion Card Deposit Box. These suggestions will be given to the school cafeteria staff.

FAST-FOOD FRENZY DISCOVERY WORKSHEET *(continued)*

Station 5: Snack Attack

1. Complete this chart:

| Name of snack item | Calories per serving | Rank (1 = highest in calories; 5 = lowest in calories) |
|--------------------|----------------------|---|
| | | |
| | | |
| | | |
| | | |
| | | |

2. Complete this chart:

| Name of snack item | Fat grams per serving | Rank (1 = highest in fat grams; 5 = lowest in fat grams) |
|--------------------|-----------------------|---|
| | | |
| | | |
| | | |
| | | |
| | | |

3. Look carefully at your two snack food charts. List three conclusions you can draw by using the information on these two charts.

FAST-FOOD FRENZY DISCOVERY WORKSHEET *(continued)*

Station 6: Healthy Meal Deal: Sandwich

1. Without looking at the nutrition facts, guess at how you would classify the five fast-food sandwiches from the most healthful selection (1) to the least healthful sandwich (5).

1 _____

2 _____

3 _____

4 _____

5 _____

2. Open the file folder labeled “Nutrition Info for Sandwich Choices.” Complete this chart:

| Sandwich name | Fat grams per sandwich | Calories per sandwich |
|---------------|------------------------|-----------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

3. Review the preceding information to determine the following:

Which sandwich is the healthiest choice? _____

Which sandwich is the least healthy choice? _____

4. How did your answer to question 1 vary from your answer to question 3?

FAST-FOOD FRENZY DISCOVERY WORKSHEET *(continued)*

Station 7: Healthy Meal Deal: Salads

1. Without looking at the nutrition facts, guess at how you would classify the five salads from the most healthful selection (1) to the least healthful salad (5).

1 _____

2 _____

3 _____

4 _____

5 _____

2. Open the file folder labeled “Nutrition Info for Salad Choices.” Complete this chart:

| Salad name | Fat grams per salad | Calories per salad |
|------------|---------------------|--------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

3. Review the preceding information to determine the following:

Which salad is the healthiest choice? _____

Which salad is the least healthy choice? _____

4. How did your answer to question 1 vary from your answer to question 3?
