**Personal Fitness: Nutrition Project – Eating for a Healthier You!   
 Get the Dish**

You and your friend are meeting up for lunch! Look over the list of restaurants on [www.fastfoodnutrition.org](http://www.fastfoodnutrition.org) and decide where you would like to go!   
  
Restaurant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Use* [*www.fastfoodnutrition.org*](http://www.fastfoodnutrition.org) *to answer the following questions.*

1. **Identify a meal that you would consider UNHEALTHY.** Select an entrée, side dish, and beverage. Using the Nutrition Calculator tool on this website, complete the chart below for this meal.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Item Name** | **Calories** | **Total Fat** | **Total Carbohydrates** | **Dietary Fiber** | **Protein** | **Sugars** |
| **Entrée** |  |  |  |  |  |  |  |
| **Side Dish** |  |  |  |  |  |  |  |
| **Beverage** |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |

**Identify a meal that you would consider HEALTHY.** Select an entrée, side dish, and beverage. Using the Nutrition Calculator tool on this website, complete the chart below for this meal.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Item Name** | **Calories** | **Total Fat** | **Total Carbohydrates** | **Dietary Fiber** | **Protein** | **Sugars** |
| **Entrée** |  |  |  |  |  |  |  |
| **Side Dish** |  |  |  |  |  |  |  |
| **Beverage** |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |

1. **Now it is time for dessert…Off to Baskin Robbins!** You are having a tough time deciding if you should order a milkshake or rainbow sherbet. Complete the nutritional information below. Maybe it will help you decide!

**Medium Chocolate Chip Cookie Dough Shake** - Provide the nutritional information for this:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Serving Size** | **Calories** | **Total Fat** | **Total Carbohydrates** | **Dietary Fiber** | **Protein** | **Sugars** |
| **Medium Chocolate Chip Cookie Dough Shake** |  |  |  |  |  |  |  |

**Lemon Sorbet -** Provide the nutritional information for this:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Serving Size** | **Calories** | **Total Fat** | **Total Carbohydrates** | **Dietary Fiber** | **Protein** | **Sugars** |
| **Lemon Sorbet** |  |  |  |  |  |  |  |

Which dessert would you choose? Why? Be honest ☺

1. Look over the list of fast food restaurants on the Fast Food Nutrition Calculator. Choose another restaurant from the list and create a meal that you would like to order from this restaurant (Hint: Get the Dish... Maybe you should create a meal that you frequently eat from a restaurant that you frequently visit so you are fully aware of its nutritional content!). Identify the nutrition facts for this meal. **RESTAURANT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Item Name** | **Calories** | **Total Fat** | **Total Carbohydrates** | **Dietary Fiber** | **Protein** | **Sugars** |
| **Entrée** |  |  |  |  |  |  |  |
| **Side Dish** |  |  |  |  |  |  |  |
| **Beverage** |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |

Do you consider this to be a healthy meal? Explain your answer.

After seeing the nutrition information for this meal, could you make any changes to your order to make it healthier? If so, what and explain why.