

1. Get your computer
2. Go to my classroom website <https://tinyurl.com/y9mkv4be>
3. Follow the directions for today – Wed 9/20/17

Complete the following Web Quest

1. McDonald's offers a Premium Asian Salad with a choice of grilled chicken, crispy chicken or no chicken. Compare the nutrition facts of the Premium Asian salad with grilled chicken and with fried chicken by completing the table below.

	Premium Asian Chicken Salad w/ Grilled Chicken	Premium Asian Chicken Salad w/ Crispy Chicken
Calories	_____ calories	_____ calories
Fat	_____ grams	_____ grams
Saturated Fat	_____ grams	_____ grams

Which one is healthier? Circle the correct option below

- a) Premium Asian Salad with Grilled Chicken
 - b) Premium Asian Salad with Crispy Chicken
-
2. Burger King offers many different versions of the Whopper sandwich. Can you find the version with the most calories?
Item name: _____ Number of calories: _____
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3. Which item below has the most fat? Circle one:
 - a) McDonalds Medium French Fries
 - b) KFC Chicken Pot Pie
 - c) Taco Bell Crunchwrap Supreme
 - d) Boston Market Large Turkey Breast (Individual Meal)

4. Which item below has the least fat? Circle one:
- a) KFC Original Recipe Bites – 6 Piece
 - b) Burger King Chicken, Apple & Cranberry Salad with Grilled Chicken
 - c) Arby's Roast Beef Mid Sandwich
 - d) Wendy's Ultimate Chicken Grill Sandwich
5. Which item below has the most calories? Circle one:
- a) Sonic Jr. Deluxe Cheeseburger
 - b) Burger Whopper Sandwich
 - c) Chipotle Steak Burrito
 - d) McDonald's Big Mac
6. Which item below has the fewest calories? Circle one:
- a) Wendy's Large Chili
 - b) Long John Silver's Ciabatta Jack Fish Sandwich
 - c) Taco Bell Fresco Burrito Supreme – Chicken
 - d) McDonald's Premium Southwest Salad with Grilled Chicken

What is your favorite fast food restaurant? _____

What do you normally purchase as a meal

Now research those items and add up all the calories you are eating in that meal.

What could you choose to eat at this fast food restaurant that would have less calories and be healthier?