

Title: Fast Food Nutritional Value Comparison

Subject Area / Grade Level / Instructional Focus:

ESE 9-12 Health and Safety Class

Vocabulary:

1. Calories
2. Sodium
3. Fats
4. Carbohydrates
5. Protein

Materials / Resources / Graphic Organizer:

1. Internet
2. Fast Food Menus with Nutrition Information
3. Daily Nutritional Values Chart – (Recommended Guidelines)
4. Fast Food Comparison Worksheet
5. Pencil / Pen

Instruction Type:

1. Guided Instruction
2. Individual Practice
3. Class Discussion

Components:

1. Review nutritional values and key vocabulary
2. Students will be provided with local fast food menus, or they can research fast food nutrition information on the internet.
3. Students will write down their favorite meal from a local fast food chain. Then they will choose another meal that they think would be a healthier option.
4. Students will then determine the following information for each meal:
 - A. Total Calories
 - B. Total Fat
 - C. Total Carbohydrates
 - D. Total Protein
5. Students will determine the difference between the two meals.
6. Students will be given a Daily Nutritional Value Chart. They should realize how nutritionally expensive some food choices can be when comparing the suggested Daily Intake with just one fast food meal.
7. Have a class discussion about how you can make healthy food choices, even when eating fast food.