Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fast Food Nutrition Web Quest Scavenger Hunt

Hunt Directions: Use the website [fastfoodnutrition.org](http://fastfoodnutrition.org/) to answer the questions below.

1. Burger King offers a Strawberry Banana Smoothie and a Strawberry Milkshake. Compare the nutrition facts of these two items by completing the table below.

Strawberry Banana Smoothie Strawberry Milkshake

Calories \_\_\_\_\_\_\_\_\_\_\_\_\_ calories \_\_\_\_\_\_\_\_\_\_\_\_\_ calories

Fat \_\_\_\_\_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_\_\_\_ grams

Sugar \_\_\_\_\_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_\_\_\_ grams

Cholesterol \_\_\_\_\_\_\_\_\_\_\_\_\_ milligrams \_\_\_\_\_\_\_\_\_\_\_\_\_ milligrams

2. Consider a meal from Arby's consisting of an Arby's Melt sandwich, medium curly fries and a small Pepsi.

a. How many calories and grams of fat are in this meal? (Hint: use the "meal calculator")

\_\_\_\_\_\_\_\_\_\_\_ calories \_\_\_\_\_\_\_\_\_\_\_ grams of fat

b. To make this meal healthier, substitute one item from the meal with a healthier option from Arby's menu.

Substitute \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. Explain how this substitution makes the meal healthier:

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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