Names:_____

Period: _____   Date:_____

What fast food restaurant are you researching?_____

We are comparing: (circle one)   **CALORIES**   **TOTAL FAT**

List items from best (least amount of calories or fat) to worst

Main Food items (burgers, tacos, chicken nuggets)	Amount	**Complimentary Items** (fries, onion rings, mexi- fries)	Amount	**Desserts** (shakes, cookies, cinnamon twists)	Amount

5. Make a poster from your chart. List the name of your restaurant in **BIG letters** and if you are comparing **fat** or **calories**

-Your poster **must** include a COMPARISON: Show a realistic, but *unhealthy* items or meal versus realistic but *healthier* lower calorie or low-fat item or meal. Example on back...

Example:
Calories at Zeke's Drive-in

Would you choose this?:   Or this?

Double Cheeseburger - 1050   Grilled Chicken Burger - 750

Chili Cheese Fries - 900   Salad w/ Italian Dressing - 450

Oreo Cookie Shake - 1100   Diet Coke – 0

TOTAL = 3050   **TOTAL = 1200**

Unhealthy   -Versus-   Healthier