$\qquad$ Date: $\qquad$ Period: $\qquad$

## FAST FOOD ROAD TRIP

Directions: Pretend that you are taking a road trip and the drive will take you 24 hours. Because time is of the essence, you will have time to eat only at fast food restaurants. To save time, you want to have all of your choices of food decided before you get to the restaurant. You will need to write out what foods you wish to order for breakfast, lunch, and dinner. You may order whatever you wish but try to make your choices reflect what you would really eat.

You may choose from any of the following restaurants:

| ARBY'S | BURGER KING | BLIMPIE / SUBWAY | WILLIES/MOES/Chipolte |
| :--- | :--- | :--- | :--- |
| CHICK-FIL-A | KFC | MCDONALD'S | ZAXBYS |
| DOMINO'S | WENDY'S | TACO BELL | SONIC |

Record below your menu choices along with the number of servings you plan to order as well as what you will have to drink.

Breakfast is at $\qquad$
I will order:

Lunch is at $\qquad$
I will order:

Dinner is at $\qquad$
I will order:

Directions: Use Restaurant websites and fastfoodnutrition.org or calorieking.com to record nutritional information for each food item on your menu in the table below.

FAST FOOD ROAD TRIP: Data Table

| Food Item | Calories | Fat <br> (g) | Cal from Fat | Chol. (mg) | Sodium (mg) | Carbs. (g) | Protein (g) | Fiber <br> (g) | Sugars <br> (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| TOTALS |  |  |  |  |  |  |  |  |  |
| Girls | 2000 | >65 |  | >300 | >2400 | 300 | 54 | 25 | $>50$ |
| Boys | 2500 | >80 |  | >300 | >2400 | 375 | 70 | 30 | $>50$ |

