## 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 CHICK-FIL-A KFC DOMINO'S WENDY'S

BURGER KING

BLIMPIE / SUBWAY McDONALD'S TACO BELL McDONALD'S

WILLIES/MOES/Chipolte ZAXBYS 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 \_\_\_\_\_ I will order:

Lunch is at \_\_\_\_\_ I will order:

Dinner is at \_\_\_\_\_ I will order:

**Directions:** Use Restaurant websites and <u>fastfoodnutrition.org</u> or <u>calorieking.com</u> 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 (g)	Cal from Fat	Chol. (mg)	Sodium (mg)	Carbs. (g)	Protein (g)	Fiber (g)	Sugars (g)
		(9/	1 40	(119)	(119)	(9/	(9)	(9/	(9/
TOTALS									
Girls	2000	>65		>300	>2400	300	54	25	>50
Boys	2500	>80		>300	>2400	375	70	30	>50