

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

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

Period: \_\_\_\_\_

## Fast Food Nutrition Web Hunt

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

1. McDonald's has two chicken caesar salads; one with grilled chicken and one with crispy chicken. Compare the nutrition facts of these two salads by completing the table below.

|                      | <b>Premium Caesar Salad with Grilled Chicken</b> | <b>Premium Caesar Salad with Crispy Chicken</b> |
|----------------------|--|---|
| <b>Calories</b>      | _____ calories                                   | _____ calories                                  |
| <b>Fat</b>           | _____ grams                                      | _____ grams                                     |
| <b>Saturated Fat</b> | _____ grams                                      | _____ grams                                     |

Which one is healthier? Circle the correct option below

- a) Caesar Salad with Grilled Chicken
  - b) Caesar Salad with Crispy Chicken
2. Burger King offers many different versions of the Whopper sandwich. Can you find the version with the most calories?

Item name: \_\_\_\_\_ Number of calories: \_\_\_\_\_

3. Which item below has the most fat? Circle one:

- a) McDonalds Medium French Fries
- b) KFC Chicken Pot Pie
- c) Taco Bell Crunch Wrap Supreme
- d) Boston Market Roast Beef Brisket - Regular

4. Which item below has the least fat? Circle one:
- a) KFC Popcorn Chicken - Individual
  - b) Burger King Chicken, Apple & Cranberry Salad with Tender Grilled Chicken
  - c) Arby's Roast Beef Mid Sandwich
  - d) Wendy's Ultimate Chicken Grill Sandwich
5. Which item below has the most calories? Circle one:
- a) Sonic Jr. Deluxe Cheeseburger
  - b) Burger King Texas Whopper Sandwich
  - c) Chipotle Steak Burrito
  - d) McDonald's Big Mac
6. Which item below has the fewest calories? Circle one:
- a) Wendy's Large Chili
  - b) Long John Silver's Alaskan Pollock Sandwich
  - c) Taco Bell Fresco Burrito Supreme – Chicken
  - d) McDonald's Premium Caesar Salad with Grilled Chicken