**Fast Food Website Activity**

1. Before you start your web, search answer the following questions:
2. Do you eat fast food?

I do eat fast food, occasionally

1. If so, at what establishments?

I would go outside and eat fast food order and eat or me and my family would go home and eat.

1. Why do you eat fast food?

I eat fast food because sometimes I get bored with what food I eat so occasionally; I would go and eat fast food.

1. List one of your most favorite meals to eat from **Restaurant 1** and *then list the number of calories you think that meal contains.*

Restaurant 1: McDonalds

My most favourite meal at McDonalds is a quarter pounder with cheese (250 calories), iced tea with ice (5 calories), and a medium box of fries (320 calories) which brings me a total of 575 calories.

1. List one of your most favorite meals to eat from **Restaurant 2** and *then list the number of calories you think that meal contains.*

Restaurant 2: Wendy’s

My most favourite meal at Wendy’s is a Dave’s Single with cheese (570 calories), iced tea with ice (5 calories), and a medium box of fries (410 calories) which brings me a total of 995 calories.

1. List one of your most favorite meals to eat from **Restaurant 3** and *then list the number of calories you think that meal contains.*

Restaurant 3: A&W

My most favourite meal at A&W is a Mozza Burger (600 calories), iced tea (5 calories), and a medium box of fries (19 6calories) which brings me a total of 801 calories.

1. Go to **Restaurant 1’s** nutritional information website (if the restaurant you chose does not have nutritional information on their website, then choose a different restaurant.

* Find your favorite meal – do not forget to add on the extras (ex. adding cream or sugar to coffee changes the nutritional information substantially) then record the nutritional contents of your meal in the chart below.

|  |  |
| --- | --- |
| Calories- 575 calories | Sugars (g)- 51g |
| Fat % Daily Value- 43g | Protein (g)- 36 g |
| Cholesterol- 100 mg | Vitamin A % DV- 1090IU |
| Sodium % DV- 1420mg | Vitamin C % DV- 7.6mg |
| Carbohydrates % DV- 123g | Calcium % DV- 39mg |
| Fibre % DV- 6g | Iron % DV- 5.5mg |

1. Go to **Restaurant 2’s** nutritional information website (if the restaurant you chose does not have nutritional information on their website, then choose a different restaurant.

|  |  |
| --- | --- |
| Calories- 995 calories | Sugars (g)- 9g |
| Total Fat (g)- 54g | Protein (g)- 35g |
| Cholesterol- 100mg | Vitamin A % DV- 750mg |
| Sodium (mg)- 1665mg | Vitamin C % DV- 9.2mg |
| Carbohydrates (g)- 93g | Calcium % DV- 221.3mg |
| Fibre (g)- 8g | Iron % DV- 7.9mg |

1. Go to **Restaurant 3’s** nutritional information website (if the restaurant you chose does not have nutritional information on their website, then choose a different restaurant.

|  |  |
| --- | --- |
| Calories- 801 calories | Sugars (g)- 29.7g |
| Total Fat (g)- 51.3g | Protein (g)- 30.6g |
| Cholesterol- 85mg | Vitamin A % DV- 54ug |
| Sodium (mg)- 1564mg | Vitamin C % DV- 27.2mg |
| Carbohydrates (g)- 109.2g | Calcium % DV- 200mg |
| Fibre (g)- 5.3g | Iron % DV- 2mg |

1. Are you surprised by the nutritional information of your meal? Explain your answer with examples.

I am surprised with some of the nutritional information of my meal because when I looked up online how much calories each fast food meal had; it was a bit more than I expected. When I looked at how much protein McDonald’s burgers and Wendy’s, they had also more protein than I expected (at least 35g). I was a little bit surprised of how McDonald’s burgers and Wendy’s burgers had both the exact same amount of cholesterol and for some of the restaurants, they had quite a lot of Vitamin A.

For good health, Canada recommends that young people aged 9 – 18 should have 26 – 38 grams of fibre per day. Fibre is a non-digestible carbohydrate found in plant foods. It is an important part of a healthy diet and plays many roles in the body. Fibre may help:

* Bowel regularity
* Lower blood cholesterol levels
* You feel full longer

1. Does your restaurant meal have enough fibre for one meal (i.e. does it have 9 – 13 grams of fibre) to allow you to meet your daily fibre goal?

My restaurant meal does not have enough fibre just for one meal because my daily fibre goal is 32g where on average, the amount of fibre I would have per meal is 11g. The amount of fibre that is contained in my meal as I noticed is only 6.43g of fibre on average.