Name/Title: Do You Realize What You're Eating

Purpose of Event: To have students learn about the nutritional value of their favorite fast foods.

Suggested Grade Level: 9-12

Materials Needed: Nutritional guides from three different fast food places; Nutritional guidelines can be retrieved from the Internet (try Drive Thru Diet) or the fast food restaurant.

Description of Idea

Students will select a meal they would choose at three different fast food restaurants (one meal for each restaurant). Students will then determine the total calories they consume for each of their meals, using the nutritional guides that the teacher provides. Students will find total fat grams, total grams of carbohydrate and grams of protein for their meal.

You can also have the students determine the percentage of calories coming from fat, carbohydrate, and protein. They would then compare these percentages with recommended guidelines for each of the nutrients for kids their age. Students should also look at the fiber component of each of the meals and compare them with recommended guidelines for fiber intake.

Submitted by **Jeff Taggart** who teaches at Simonsen 9th Grade Center in Jefferson City, MO. Thanks for contributing to PE Central! **Posted on PEC: 11/11/2002**.

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