

Fast Food Quiz





Name:

Average Heart Rate:

Time spent in THRZ:

Time above THRZ:

<p>Starbucks</p> 	<p>Lowest sat. Fat</p>			<p>Highest Sat. fat</p>
<p>Burger King</p> 	<p>Main</p>	<p>Side</p>	<p>Drink</p>	
<p>KFC</p> 	<p>1. (most)</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> <p>6. (least)</p>			
<p>Hardees</p> 	<p>Big chicken fillet sandwich -</p> <p>Big hot ham and cheese -</p> <p>Original thickburger -</p> <p>Bacon cheese thickburger -</p>			
<p>Pizza Hut</p> 	<p>Meat lovers</p>	<p>Supreme</p>	<p>Pepperoni</p>	<p>Veggie</p>
<p>Arbys</p> 	<p>Bacon egg and cheese biscuit</p> <p>Ham cheese and egg sourdough</p> <p>Sausage gravy biscuit</p> <p>Sausage egg and cheese croissant</p>			

<p>McDonalds</p> 	Double cheeseburger	(rank)
	Sausage McMuffin and egg	
	Warm cinnamon roll	
	Premium grilled chicken classic sandwich	
	Caesar salad with grilled chicken and Caesar dressing	
<p>Subway</p> 	1. (highest)	
	2.	
	3.	
	4. (lowest)	
<p>Taco Bell</p> 	Burrito with the most sodium =	
<p>Wendy's</p> 		3g
		5g
		6g
		12g