

## Fast Food Quiz Resources

Link	Resource
<a href="#">Portion Distortion Quiz</a>	Portion distortion quiz 1 and 2 These have a ton of questions on how portions have grown larger and larger over time and also ask students to consider how long it would take them to burn off the excess calories in the modern day larger portion.
<a href="#">McDonalds nutritional information</a>	This will link you to the calorie, fat, protein etc breakdown of all McDonalds meals
<a href="#">McDonalds nutritional information by item</a>	This page allows you to select specific items on the menu and look at their nutritional info for them
<a href="#">Burger King nutritional information</a>	PDF file of all products sold by Burger King
<a href="#">Subway nutritional information</a>	PDF file of all products sold by Subway
<a href="#">Subway nutritional information by category</a>	Select specific sandwiches, wraps, salads and view the nutritional information for them
<a href="#">Pizza Hut nutritional information</a>	PDF file of all products sold by Pizza Hut
<a href="#">Wendy's nutrition guide</a>	PDF file of all products sold by Wendy's
<a href="#">Wendy's nutrition guide by item</a>	Choose the item you want to see its nutrients
<a href="#">Starbucks</a>	Nutrient information for all Starbucks drinks and foods
<a href="#">Starbucks nutrient comparison</a>	Select your size and milk type to calculate nutrient info.
<a href="#">Hardee's nutritional information</a>	Click on an item and mouse over the red nutrition information wording to see the details. You can also use the calculator to make your own meal and view the nutrient breakdown
<a href="#">KFC nutrient calculator and guide</a>	You can either view the information for all products by clicking on the guide or use the calculator to select a meal and its nutrient breakdown
<a href="#">Taco Bell menu calculator</a>	Calculate the nutrient totals in your meal by selecting your chosen items
<a href="#">Taco Bell nutrition guide</a>	All products in a PDF file
<a href="#">Arby's nutrition calculator</a>	Calculate the nutrient totals in your meal by selecting your chosen items
<a href="#">Arby's full menu</a>	All nutritional information for Arby's products