

ARBY'S MEAL

1. Have the students choose any roast beef sandwich, or the 3 or 5 pc chicken tenders. They also choose curly or home-style fries – any size. They can choose Sierra Mist or Dr. Pepper as their drink. Add the values for dipping sauce if they want to.
2. Have students help read the nutrition fact sheets and the students or teacher/volunteer can write the numbers onto the calculation sheet. On the calculation sheet, add up the total fat, sugar, and sodium. With a calculator – students can help compute the totals and calculate the approximate number of tablespoons or teaspoons of sugar, sodium, and fat in their meal.
3. Measure out the salt, sugar, and Crisco for fat. Place them into Ziploc bags and write their contents and gram values on the outside of the bag.
4. Each group will present their findings to the class. Within the group have students: list what restaurant they went to and what they ordered, present their salt bag and the amount of sodium in their meal, present their sugar bag and the amount of sugar in their meal, present their fat bag and the amount of fat in their meal, and give an overall rating to their meal as healthy or unhealthy.

LITTLE CAESAR'S PIZZA MEAL

1. Have the students choose either cheese or pepperoni pizza. They can have one or two pieces of pizza and one or 2 breadsticks. Their drink choice is either Sierra Mist or Root Beer. Make sure you double the values on the nutrition sheet for the pizza and breadsticks if they have two.
2. Have students help read the nutrition fact sheets and the students or teacher/volunteer can write the numbers onto the calculation sheet. On the calculation sheet, add up the total fat, sugar, and sodium. With a calculator – students can help compute the totals and calculate the approximate number of tablespoons or teaspoons of sugar, sodium, and fat in their meal.
3. Measure out the salt, sugar, and Crisco for fat. Place them into Ziploc bags and write their contents and gram values on the outside of the bag.
4. Each group will present their findings to the class. Within the group have students: list what restaurant they went to and what they ordered, present their salt bag and the amount of sodium in their meal, present their sugar bag and the amount of sugar in their meal, present their fat bag and the amount of fat in their meal, and give an overall rating to their meal as healthy or unhealthy.

MCDONALD'S MEAL

1. Have the students choose 4 or 6 piece chicken nuggets, or any hamburger or cheeseburger. They also choose a small or medium fries. They can choose Sprite or Hi-C Orange as their drink. They can add the values for dipping sauce if they want.
2. Have students help read the nutrition fact sheets and the students or teacher/volunteer can write the numbers onto the calculation sheet. On the calculation sheet, add up the total fat, sugar, and sodium. With a calculator – students can help compute the totals and calculate the approximate number of tablespoons or teaspoons of sugar, sodium, and fat in their meal.
3. Measure out the salt, sugar, and Crisco for fat. Place them into Ziploc bags and write their contents and gram values on the outside of the bag.
4. Each group will present their findings to the class. Within the group have students: list what restaurant they went to and what they ordered, present their salt bag and the amount of sodium in their meal, present their sugar bag and the amount of sugar in their meal, present their fat bag and the amount of fat in their meal, and give an overall rating to their meal as healthy or unhealthy.

SUBWAY MEAL

1. Have the students pick one of the sandwiches from the 6 grams of fat or less menu, a light or no fat sauce, a light or baked chip, and either 1 % or 2 % milk.
2. Have students help read the nutrition fact sheets and the students or teacher/volunteer can write the numbers onto the calculation sheet. On the calculation sheet, add up the total fat, sugar, and sodium. With a calculator – students can help compute the totals and calculate the approximate number of tablespoons or teaspoons of sugar, sodium, and fat in their meal.
3. Measure out the salt, sugar, and Crisco for fat. Place them into Ziploc bags and write their contents and gram values on the outside of the bag.
4. Each group will present their findings to the class. Within the group have students: list what restaurant they went to and what they ordered, present their salt bag and the amount of sodium in their meal, present their sugar bag and the amount of sugar in their meal, present their fat bag and the amount of fat in their meal, and give an overall rating to their meal as healthy or unhealthy.

WENDY'S HEALTHY MEAL

1. Have the students choose a meal from Wendy's that is healthier than other choices they could make. They are going to eat a sour cream and chive baked potato- they can add the butter if they want - a junior hamburger, and milk.
2. Have students help read the nutrition fact sheets and the students or teacher/volunteer can write the numbers onto the calculation sheet. On the calculation sheet, add up the total fat, sugar, and sodium. With a calculator – students can help compute the totals and calculate the approximate number of tablespoons or teaspoons of sugar, sodium, and fat in their meal.
3. Measure out the salt, sugar, and Crisco for fat. Place them into Ziploc bags and write their contents and gram values on the outside of the bag.
4. Each group will present their findings to the class. Within the group have students: list what restaurant they went to and what they ordered, present their salt bag and the amount of sodium in their meal, present their sugar bag and the amount of sugar in their meal, present their fat bag and the amount of fat in their meal, and give an overall rating to their meal as healthy or unhealthy.