

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

## Fast Food Nutrition Web Quest

Hunt Directions: Use the website [fastfoodnutrition.org](http://fastfoodnutrition.org) to answer the questions below.

1. McDonald's offers a Premium Asian Salad with a choice of grilled chicken, crispy chicken or no chicken. Compare the nutrition facts of the Premium Asian salad with grilled chicken and with fried chicken by completing the table below.

	<b>Premium Asian Chicken Salad w/ Grilled Chicken</b>	<b>Premium Asian Chicken Salad w/ Crispy Chicken</b>
<b>Calories</b>	_____ calories	_____ calories
<b>Fat</b>	_____ grams	_____ grams
<b>Saturated Fat</b>	_____ grams	_____ grams

Which one is healthier? Circle the correct option below

- a) Premium Asian Salad with Grilled Chicken
  - b) Premium Asian Salad with Crispy Chicken
2. Burger King offers many different versions of the Whopper sandwich. Can you find the version with the most calories?  
Item name: \_\_\_\_\_ Number of calories: \_\_\_\_\_
  3. Which item below has the most fat? Circle one:
    - a) McDonalds Medium French Fries
    - b) KFC Chicken Pot Pie
    - c) Taco Bell Crunchwrap Supreme
    - d) Boston Market Large Turkey Breast (Individual Meal)

4. Which item below has the least fat? Circle one:
- a) KFC Original Recipe Bites – 6 Piece
  - b) Burger King Chicken, Apple & Cranberry Salad with Grilled Chicken
  - c) Arby's Roast Beef Mid Sandwich
  - d) Wendy's Ultimate Chicken Grill Sandwich
5. Which item below has the most calories? Circle one:
- a) Sonic Jr. Deluxe Cheeseburger
  - b) Burger Whopper Sandwich
  - c) Chipotle Steak Burrito
  - d) McDonald's Big Mac
6. Which item below has the fewest calories? Circle one:
- a) Wendy's Large Chili
  - b) Long John Silver's Ciabatta Jack Fish Sandwich
  - c) Taco Bell Fresco Burrito Supreme – Chicken
  - d) McDonald's Premium Southwest Salad with Grilled Chicken