Fast Food and Nutrition

Overweight and obesity are big concerns when it comes to a healthy lifestyle in today’s world. Many people feel that fast food restaurants deserve a great deal of blame for promoting unhealthy eating choices. The USDA has outlined a healthy eating regimen in MyPlate.gov. We are surrounded by a multitude of fast food restaurants offering convenience, economical prices, and quick service. Our budgets are being trimmed and there are more demands on our time. Can fast food restaurants meet the needs for a healthier population or will our waistbands continue to expand?

Using Power Point, create a title slide and answer each question on an individual slide. Use pictures to enhance your presentation. Name your document as your last name, ‘Food and Nutrition’, and period. Turn in your work to the appropriate Hand-In Folder in My Computer.

1. What is a calorie, how are excess calories stored in our body, and how many calories does it take to gain one pound?

2. Go to My Plate.gov. In the Super Tracker create your profile by filling in the information about your age, weight, height, and daily exercise. Copy and paste the chart showing your daily recommended intake of the given food groups (Ctrl + Print Screen).

3. Online find a fast food restaurant menu from the web site of McDonalds, Wendy’s, Burger King, Taco Bell, or Subway. Create 3 different meals. The first is the ‘ultimate’ meal, the second is the healthy meal, and the third the meal you would choose for yourself.

4. For each of the meals break down the calories, total fat, and sodium.

5. Compare and contrast each of the 3 meals with the results you obtained from MyPyramid. Using the food categories and nutrient information, support your findings.

6. Summarize your conclusion.
MyPyramid Plan

Eat these amounts from each food group daily. This plan is a 3000 calorie food pattern. It is based on average needs for someone like you. (A 18 year old male, 5 feet 10 inches tall, 160 pounds, physically active 30 to 60 minutes a day.) Your food needs also depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs.

1 Make Half Your Grains Whole

Aim for at least 5 ounces of whole grains a day.

2 Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
Orange Vegetables = 2 1/2 cups weekly
Dry Beans & Peas = 3 1/2 cups weekly
Starchy Vegetables = 9 cups weekly
Other Vegetables = 10 cups weekly

Oils & Discretionary Calories

Aim for 10 teaspoons of oils a day.

Limit your extras (extra fats & sugars) to 510 Calories.

Physical Activity

Physical activity is also important for health. You should get at least 60 minutes of physical activity most or all days. Click here to learn more about physical activity and health.