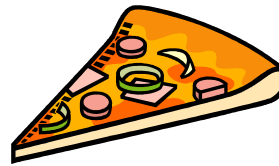
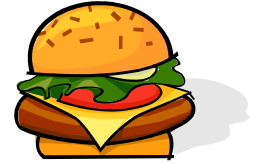


Fast Food—How healthy is it?

Objectives:

Students will:

- learn what their daily nutrition needs are
- learn how well fast-food meals contribute to their daily need for nutrients
- analyse the nutritional values of takeaway meals
- graph nutritional values of takeaway meals
- write a report of their findings.



Procedure:

- Many fast-food takeaway shops make nutritional value for their products available to customers. Ask students to visit a food hall or websites to find relevant information from five popular fast-food companies such as MacDonal'd's, KFC, Sumo Salads, Well Being, Donut King, Oporto and Red Rooster. There are many others that students can include in their study.
- Students need to put the following information for one meal they would eat from their five chosen companies into a table—total kilojoules, protein, total fat, saturated fat, total carbohydrate, sugars, dietary fibre and sodium. So that the information is easy to compare, they will need to record the values per 100g.
- Students are to choose one meal and graph the results. They can choose how they would like to graph it: bar, column or pie graph.
- Ask students to write a report about their findings. Information for them to include will be the worst fast-food meal and the best fast-food meal. They should include the facts and figures they collected. Out of the five fast-food companies they surveyed students should make a statement indicating which company had an overall bad food rating for multiple items. They also need to include in their report how well fast-food meals contribute to their daily need for nutrients.

