

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

LAB II: FAST FOOD ASSIGNMENT

You are traveling today by car to your Aunt Gertrude's house. It will take you 14 hours to make this trip. Beginning with breakfast, you will be stopping at 3 fast food restaurants. You may order whatever you choose for your breakfast, lunch and dinner from any fast food restaurant (same one or two or three different). **DO NOT INCLUDE DRINKS!**

Make a list of what you will order, the calories per serving, and the grams of fat in the item. Total these columns and then compute the percent of calories from fat (total fat grams X 9/total calories X 100) in each meal.

BREAKFAST - restaurant \_\_\_\_\_

FOOD ITEM	CALORIES	FAT GRAMS
_____		
_____		
_____		
_____		
_____		
TOTALS.....		

Percent of calories from fat in your order \_\_\_\_\_  
rounded  
(fat grams X 9/total calories) X 100=)

LUNCH - restaurant \_\_\_\_\_

FOOD ITEM	CALORIES	FAT GRAMS
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TOTALS.....

Percent of calories from fat in your order \_\_\_\_\_

DINNER - restaurant \_\_\_\_\_

FOOD ITEM	CALORIES	FAT GRAMS
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TOTALS.....

Percent of calories from fat in your order \_\_\_\_\_

Add your total calories from breakfast, lunch and dinner.... \_\_\_\_\_

**STARTING OVER**

Now refer to your BMR assignment. Your BMR = \_\_\_\_\_.

Multiply your BMR by 30% = \_\_\_\_\_ calories (rounded)

Divide by 9 (calories in a gram of fat)= OR use 80 grams. Whichever is smaller

\_\_\_\_\_  
*(figure fat g)*

Re-figure your breakfast, lunch and dinner so that your total calories for the day are within 100 calories, higher or lower, of your BMR, and your total fat grams for all three meals together does not exceed your *figure fat g* above. This time you may include drinks!

BREAKFAST - restaurant \_\_\_\_\_

FOOD ITEM	CALORIES	FAT GRAMS
_____		
_____		
_____		
_____		
_____		
TOTALS.....		

Percent of calories from fat in your order \_\_\_\_\_

LUNCH - restaurant \_\_\_\_\_

FOOD ITEM	CALORIES	FAT GRAMS
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TOTALS.....

Percent of calories from fat in your order \_\_\_\_\_

DINNER - restaurant \_\_\_\_\_

FOOD ITEM	CALORIES	FAT GRAMS
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TOTALS.....

Percent of calories from fat in your order \_\_\_\_\_

Total Calories (breakfast+lunch+dinner).....

**If this figure is not within 100 calories of your BMR, high or low, you must re-figure your meals.**

Total Fat Grams .....

**If this is more than your *figure fat g* on page 3, you must re-figure your meals.**

## QUESTIONS

1. Were there any problems staying under your BMR and/or fat gram limitations? What were they?
2. Was your restricted diet as satisfying as your original orders?  
Why or why not?
3. What can you conclude about fast food OR what have you learned about fast foods?
4. Do you think you will alter your fast food order or habits because of what you have learned?
5. Visit <http://www.choosemyplate.gov/>. On the right side of the screen, click on “I want to get a personalized plan.” Enter information requested. Copy the information below.