

Class Survey

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

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



- Hi, I'm taking a survey. Can I have your name please?
- Do you like to go to fast food restaurants?
- What is your favorite fast food restaurant?
- What do you like to order at fast food restaurants?
- How often do you go to fast food restaurants?

*...Yes, I like to go to fast food restaurants*  
*...my favorite is Mexican food.*  
*...I like to order bean and cheese burritos*  
*...I go about once a week*

**Step 1:** Fill in the information for yourself.

Name	Do you like to go to fast food restaurants?	What is your favorite fast food?	What do you like to order?	How often do you go to fast restaurants?

**Step 2:** Walk around the classroom and survey your classmates.

Name	Do you ...?	What is ...?	What do you...?	How often ...?
1.				
2.				
3.				
4.				

**Step 3:** Do you think fast food is healthy? Why or Why not?

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**Step 4:** Share your information with the class.

Sample Nutrition Chart A

Worksheet #2

Menu item	Serving size	Calories	Calories from Fat	Total Fat Grams	% Daily Value	Saturated Fat	% Daily Value	Cholesterol Milligrams	Sodium Milligrams	% Daily Value	Carbohydrates	% Daily Value	Fiber Grams	Sugars	Protein Grams
<b>Sandwiches</b>															
Hamburger	3.7 oz	280	90	10	15	4	19	30	550	23	36	12	2	7	12
Cheeseburger	4.2 oz	330	130	14	22	6	31	45	790	33	36	7	2	7	15
Grilled Chicken Sandwich	7.5 oz	400	140	16	5	3	14	70	1020	42	37	12	3	7	27
<b>French Fries</b>															
Small	2.4 oz	210	90	10	15	1.5	9	0	135	6	26	9	2	0	3
Medium	5.2 oz	450	200	22	33	4	19	0	290	12	57	19	5	0	6
Super	7.0 oz	610	260	29	45	5	25	0	390	16	77	26	7	0	9
<b>Other</b>															
Chicken Nuggets- 4	2.3 oz	170	90	10	15	2	11	25	450	19	10	3	0	0	10
<b>Salads (no dressing added)</b>															
Grilled Chicken Caesar Salad	9.8 oz	210	70	7	11	3	17	60	680	28	11	4	3	3	26
Cobb Salad	6.8 oz	160	100	11	17	4	22	85	450	19	7	2	3	4	11
Plain Side Salad	3.1 oz	15	0	0	0	0	0	0	10	0	3	1	1	1	1
<b>Dressings</b>															
Ranch	2fl oz	290	270	30	46	4.5	23	20	530	22	4	1	0	3	1
Cobb	2fl oz	120	80	9	14	1.5	9	10	440	18	9	3	0	5	1

Nutrient Data Laboratory, USDA: <http://www.nal.usda.gov/fnic/foodcomp/search/>

Names: \_\_\_\_\_

## Part 1: Food Items (use "Sample Nutrition Chart A")

	Food Item	Fat Grams	Salt/Sodium Mg
1.	Cheeseburger		
2.	Grilled Chicken Sandwich		
3.	Small French Fries		
4.	Super French Fries		
5.	Grilled Chicken Caesar Salad		
6.	Cobb Dressing		

Part 2: Look at these items and decide which is the best (healthiest) choice, based on fat content. Use the Sample Nutrition Chart to decide.

	A.	B.	A or B?
1.	Hamburger	Cheeseburger	
2.	Medium French Fries	Super Size French Fries	
3.	Grilled Chicken Sandwich	4 Chicken Nuggets	

Part 3: Look at these items and decide which is the best (healthiest) choice, based on salt (sodium) content. Use the Sample Nutrition Chart to decide.

	A.	B.	A or B?
1.	Cobb Dressing	Ranch Dressing	
2.	Cobb Salad	Side Salad	
3.	Cheeseburger	Hamburger	



*Fat and Sodium*

Part 1: Food Items

	Food Item	Fat Grams	Salt/Sodium Mg
1.	Cheeseburger	14	790
2.	Grilled Chicken Sandwich	16	1020
3.	Small French Fries	10	135
4.	Super French Fries	29	390
5.	Grilled Chicken Caesar Salad	7	680
6.	Cobb Dressing	9	440

Part 2: Look at these items and decide which is the best (healthiest) choice, based on fat content. Use "Sample Nutrition Chart A" to decide.

	A.	B.	A or B?
1.	Hamburger	Cheeseburger	A
2.	Medium French Fries	Super Size French Fries	A
3.	Grilled Chicken Sandwich	4 Chicken Nuggets	B

Part 3: Look at these items and decide which is the best (healthiest) choice, based on salt (sodium) content. Use "Sample Nutrition Chart A" to decide.

	A.	B.	A or B?
1.	Cobb Dressing	Ranch Dressing	A
2.	Cobb Salad	Side Salad	B
3.	Cheeseburger	Hamburger	B

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Score: \_\_\_\_\_

Part 1: Use "Sample Nutrition Chart B" to fill in the answers. (12 Points)

	Food Item	Fat Grams	Salt/Sodium Mg
1.	Grilled Chicken Sandwich		
2.	Cheeseburger		
3.	Super Size French Fries		
4.	Small French Fries		
5.	Plain Side Salad		
6.	Ranch Dressing		

Part 2: Look at these items and decide which is the best (healthiest) choice, based on fat content. Use "Sample Nutrition Chart B" to decide. (3 Points)

	A.	B.	A or B?
1.	Ranch Dressing	Low Fat Vinaigrette	_____
2.	Crispy Chicken Sandwich	Double Cheeseburger	_____
3.	Chicken Nuggets-4	Medium French Fries	_____

Part 3: Look at these items and decide which is the best (healthiest) choice, based on salt content. Use "Sample Nutrition Chart B" to decide. (3 Points)

	A.	B.	A or B?
1.	Fish Sandwich	Chicken Nuggets- 6	_____
2.	Grilled Chicken Sandwich	Grilled Chicken Caesar Salad	_____
3.	Hamburger	Medium Fries	_____

Part 4: What is one thing you learned about making healthy choices? (2 Points)

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Score \_\_\_\_\_

Part 1: Use 'Sample Nutrition Chart B' to fill in the answers. (12 points)

	Food Item	Fat Grams	Salt/Sodium Mg
1.	Grilled Chicken Sandwich	16	1020
2.	Cheeseburger	14	790
3.	Super Size French Fries	29	390
4.	Small French Fries	10	135
5.	Plain Side Salad	0	10
6.	Ranch Dressing	30	530

Part 2: Look at these items and decide which is the best (healthiest) choice, based on fat content. Use "Sample Nutrition Chart B" to decide. (3 points)

	A.	B.	A or B?
1.	Ranch Dressing	Low Fat Vinaigrette	B
2.	Crispy Chicken Sandwich	Double Cheeseburger	They are the same
3.	Chicken Nuggets-4	Medium French Fries	A

Part 3: Look at these items and decide which is the best (healthiest) choice, based on salt content. Use "Sample Nutrition Chart B" to decide. (3 points)

1.	Fish Sandwich	Chicken Nuggets- 6	A
2.	Grilled Chicken Sandwich	Grilled Chicken Caesar Salad	B
3.	Hamburger	Medium French Fries	B

Part 4: What is one thing you learned about making healthy choices? (2 Points if answered)

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20 = 100%

Passing Score= 75% or 16 Correct Answers

## Sample Nutrition Chart B

## Worksheet #5

Menu item	Serving size	Calories	Calories from Fat	Total Fat Grams	% Daily Value	Saturated Fat	% Daily Value	Cholesterol	Sodium Milligrams	% Daily Value	Carbohydrates	% Daily Value	Fiber Grams	Sugars	Protein Grams
<b>Sandwiches</b>															
Hamburger	3.7 oz	280	90	10	15	4	19	30	550	23	36	12	2	7	12
Cheeseburger	4.2 oz	330	130	14	22	6	31	45	790	33	36	7	2	7	15
Double Cheeseburger	6.1 oz	490	240	26	41	12	60	85	1220	51	38	13	2	8	25
Fish Sandwich	5.0 oz	410	180	20	31	4	21	45	660	27	41	14	5	5	15
Grilled Chicken Sandwich	7.5 oz	400	140	16	5	3	14	70	1020	42	37	12	3	7	27
Crispy Chicken Sandwich	7.7 oz	510	230	26	40	4.5	22	50	1090	45	47	16	3	7	22
<b>French Fries</b>															
Small	2.4 oz	210	90	10	15	1.5	9	0	135	6	26	9	2	0	3
Medium	5.2 oz	450	200	22	33	4	19	0	290	12	57	19	5	0	6
Large	6.2 oz	540	230	26	40	4.5	23	0	350	15	68	23	6	0	8
Super	7.0 oz	610	260	29	45	5	25	0	390	16	77	26	7	0	9
<b>Other</b>															
Chicken Nuggets-4	2.3 oz	170	90	10	15	2	11	25	450	19	10	3	0	0	10
Chicken Nuggets-6	3.4 oz	250	130	15	22	3	16	35	670	28	15	5	0	0	15
<b>Salads</b>															
Plain Side Salad	3.1 oz	15	0	0	0	0	0	0	10	0	3	1	1	1	1
Grilled Chicken Caesar	9.8 oz	210	70	7	11	3	17	60	680	28	11	4	3	3	26
<b>Dressings</b>															
Ranch	2fl oz	290	270	30	46	4.5	23	20	530	22	4	1	0	3	1
Cobb	2fl oz	120	80	9	14	1.5	9	10	440	18	9	3	0	5	1
Creamy Caesar	2fl oz	190	170	18	28	3.5	17	20	500	21	1	0	0	2	2
Low Fat Vinaigrette	1.5 fl oz	40	25	3	4	0	0	0	730	30	4	1	0	3	0

Nutrient Data Laboratory, USDA: <http://www.nal.usda.gov/fnic/foodcomp/search/>

**My Goal:** I will try \_\_\_\_\_ tips when I go to fast food restaurants to help me make healthier choices.

Directions:

1. Talk with your group.
2. Write 3 new Tips you learned in class.
3. Try the Tips when you go to a fast food restaurant.
4. Report back in 2 weeks.

New tip for making healthier choices at fast food restaurants.	I tried it.	The Tip worked: 1 = No, it did not work 3 = Maybe I will try it again 5 = Yes, I will try it again
	Date: _____	<b>1    2    3    4    5</b> No            Maybe            Yes
	Date: _____	<b>1    2    3    4    5</b> No            Maybe            Yes
	Date: _____	<b>1    2    3    4    5</b> No            Maybe            Yes

My Report	Date:
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**Think About It:** Many people have not made changes in the choices they make at fast food restaurants. Check (✓) what is true for you and say why; then, talk to a partner.

1. I am not really interested in making any changes. Why?	2. I do not have the extra money to eat at fast food restaurants.
3. The lesson did not motivate me to get started. Why?	4. I do not believe eating fast food is bad for my health. Why?
5. I did not have enough time to try the ideas. Why?	6. I already make healthy choices. Why?
7. I never eat at fast food restaurants. Why?	8. Other _____



**Fast Food Restaurant Survey**

<b>Date:</b> _____		<b>Answer</b>										
1.	In the past week, how many times did you eat at a fast food restaurant?	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2-3 <input type="checkbox"/> 4 or more <input type="checkbox"/>										
2.	If you did, what did you usually order?	_____ _____										
3.	Did you think about making healthier choices?	<table style="width: 100%; text-align: center;"> <tr> <td><b>1</b></td> <td><b>2</b></td> <td><b>3</b></td> <td><b>4</b></td> <td><b>5</b></td> </tr> <tr> <td>No</td> <td></td> <td>Maybe</td> <td></td> <td>Yes</td> </tr> </table>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	No		Maybe		Yes
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>								
No		Maybe		Yes								
4.	Do you think you made healthier choices? Why?	<table style="width: 100%; text-align: center;"> <tr> <td><b>1</b></td> <td><b>2</b></td> <td><b>3</b></td> <td><b>4</b></td> <td><b>5</b></td> </tr> <tr> <td>No</td> <td></td> <td>Maybe</td> <td></td> <td>Yes</td> </tr> </table>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	No		Maybe		Yes
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>								
No		Maybe		Yes								

<b>Date:</b> _____		<b>Answer</b>										
1.	In the past week, how many times did you eat at a fast food restaurant?	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2-3 <input type="checkbox"/> 4 or more <input type="checkbox"/>										
2.	If you did, what did you usually order?	_____ _____										
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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>								
No		Maybe		Yes								
4.	Do you think you made healthier choices? Why?	<table style="width: 100%; text-align: center;"> <tr> <td><b>1</b></td> <td><b>2</b></td> <td><b>3</b></td> <td><b>4</b></td> <td><b>5</b></td> </tr> <tr> <td>No</td> <td></td> <td>Maybe</td> <td></td> <td>Yes</td> </tr> </table>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	No		Maybe		Yes
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>								
No		Maybe		Yes								