

Name \_\_\_\_\_



## Fat and Calorie Chart for McDonald's

Directions: Fill in the following chart using the given McDonald's web site. Choose your 3 favorite items from McDonalds and find their calorie and fat gram content. Complete the questions in complete sentences.

<b>Item</b>	<b>Calories</b>	<b>Fat (g)</b>
Big Mac		
Large Fry		
21 fl oz Strawberry Shake		
<b>Total:</b>		
_____		
_____		
_____		
<b>Total:</b>		

\* A person ages 11-14 should consume between 2,200 and 2,500 calories per day and between 70 and 80 total fat grams per day.

1. How many total calories and fat grams are in Greg's meal?

Calories: \_\_\_\_\_ Fat Grams: \_\_\_\_\_

2. How many total calories and fat grams are in your favorite foods from McDonald's?

Calories: \_\_\_\_\_ Fat Grams: \_\_\_\_\_

3. Are you surprised by the amount of fat and calories in your choices? Explain your answer.

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4. Based on your findings, do you think next time you will choose something different? If so, what? If not, why?

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5. Fill in the following chart with 3 healthy alternatives for Greg (or yourself) to choose next time he is dining at McDonald's.

<b>Item</b>	<b>Calories</b>	<b>Fat (g)</b>
_____		
_____		
_____		
<b>Total:</b>		

6. Explain why you choose your items from question 5.

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