NUTRITION PROJECT WITH FAST FOOD RESTAURANTS USING EXCEL

Step One:

You are eating out ALL DAY! Decide which fast food restaurant you would like to visit (Mickey Ds, Wendy's, BK, KFC, Carl's Jr., Jack-in-the-Box, Taco Bell…You get the idea! Here are some links to get you started:

McDonald's: https://www.mcdonalds.com/us/en-us/about-our-food/nutrition-calculator.html   (nutrition information)

Burger King: http://www.bk.com/menu (click on the food until you locate the nutrition guide)

Wendy's: https://www.wendys.com/en-us/nutrition-info/ (nutrition facts)

OTHER: http://fastfoodnutrition.org/ (This site allows you to search many fast food restaurant sites.)

Review the nutritional facts for the fast food menu items you would like to eat. Create a menu plan and record the total calories and the calories from fat and enter your data on an Excel spreadsheet. Plan a menu for a whole day – **breakfast, lunch and dinner** and record your findings in a spreadsheet. Each meal should have a sandwich (some sort of a main dish – breakfast might be a little different), a side dish, a drink, and a dessert. Your meals can come from different places (for example: breakfast at McDonald's, lunch at Burger King, and pizza for dinner). You are not restricted to just McDonald's, Burger King, or Wendy's. However, pick a place that you can find the nutritional information online. *An example of the LUNCH menu is shown below*:

Name:					
Nutrition Project					
Lunch at Dairy Queen	**Total Calories**	**Total grams of fat**	**Sugar (grams)**	**Sodium (mgs)**	**Saturated Fat % Daily Value**
Hamburger					
Medium French Fries					
Dr. Pepper					
Hot Fudge Sundae					
TOTALS					

(Be sure you include Breakfast at…., Lunch at…., and Dinner at…..)

***At the very bottom include your DAILY TOTAL OF ALL MEALLS – your total calories for that day, grams of fat, sugar, etc.

SCORING:

Spreadsheet Layout: The spreadsheet layout was neatly and correctly designed (identical to example). Column and row labels were arranged properly. Student was able to analyze data and correctly construct spreadsheet. (10 points)

Formatting & Editing: The student(s) employed the use of specific formatting features and was able to enhance the spreadsheet using additional editing and formatting. **For example, borders, shading**. **Currency/percent formats were applied were correctly**. **Sum formula was applied correctly**. (10 points)