Fast Food Comparison

Utilizing nutrition labels from a fast food restaurant in our area, you are to find a healthy and unhealthy item for that restaurant.

1. On the sheet of paper provided, at the top, include the restaurant name and logo along with your name and period number.
2. On one side, create a nutrition label for the unhealthy food choice and highlight the areas that are of major concern when consuming that food. Provide a picture of what that food looks like.
3. On the other side, put the nutrition label for the healthy food choice and highlight the areas that are of value when consuming that food. Provide a picture of what that food looks like.
4. Everything must be colored and be appealing to the eye.
5. On the back, answer these questions:
   1. What is the benefit, if any, of eating fast food?
   2. In looking at your unhealthy food option, what are the areas of major concern and why?
   3. In looking at your healthy food option, what are the areas of value and why?
   4. If you were to compare your healthy food option to a whole food option (like the salsa we made yesterday), which one would help your body more? Why?
   5. Thinking back to your daily check-ins, how often did you consume fast food? What meal were you most likely to consume fast food? How is this affecting your body/health?

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