You will search each of the following websites to find the nutritional information about cheeseburgers. You should choose a regular sized cheeseburger and also the meal deal. Compare nutrition information about each of them. Please note that the link only takes you to the website’s home page.

Part of the challenge is even finding the nutrition information.

McDonald’s

<http://www.mcdonalds.com/us/en/home.html>

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Serving Size | Calories | Calories from fat | Total Fat | % Daily Value | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
| Cheeseburger |  |  |  |  |  |  |  |  |  |  |  |
| Medium Coke |  |  |  |  |  |  |  |  |  |  |  |
| Medium French Fries |  |  |  |  |  |  |  |  |  |  |  |

What was the first thing that you saw on the home page?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How difficult was it to find the nutrition information? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When you found the nutrition information how easy was it for you to navigate and decipher the   
  
information? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Burger King

<http://www.bk.com/>

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Serving Size | Calories | Calories from fat | Total Fat | % Daily Value | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
| Cheeseburger |  |  |  |  |  |  |  |  |  |  |  |
| Medium Coke – 20 ounces |  |  |  |  |  |  |  |  |  |  |  |
| Medium French Fries |  |  |  |  |  |  |  |  |  |  |  |

What was the first thing that you saw on the home page?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How difficult was it to find the nutrition information? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When you found the nutrition information how easy was it for you to navigate and decipher the   
  
information? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sonic Drive-In

<https://www.sonicdrivein.com/>

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Serving Size | Calories | Calories from fat | Total Fat | % Daily Value | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
| Sonic Cheeseburger with Ketchup |  |  |  |  |  |  |  |  |  |  |  |
| Coca-Cola Medium |  |  |  |  |  |  |  |  |  |  |  |
| Natural cut fries with |  |  |  |  |  |  |  |  |  |  |  |

What was the first thing that you saw on the home page?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How difficult was it to find the nutrition information? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When you found the nutrition information how easy was it for you to navigate and decipher the   
  
information? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Conclusion**

Which restaurant’s cheeseburger had the least amount of fat?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which restaurant’s cheeseburger had the greatest amount of fat?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which restaurant’s medium coca-cola had the least amount of sugar?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which restaurant’s medium coca-cola had the greatest amount of sugar?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which restaurant’s medium French fries had the least amount of sodium?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which restaurant’s medium French fries had the greatest amount of sodium?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you add up the calories of the cheeseburger, medium coca-cola and medium French fries what totals did you get?

McDonalds \_\_\_\_\_\_\_\_\_\_\_\_\_

Burger King \_\_\_\_\_\_\_\_\_\_\_\_\_

Sonic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can you base the healthiness or unhealthiness of a meal only on the calories present in the food? Why or Why not?

What foods could you choose at the following restaurants that you think would be healthier options than a cheeseburger, medium drink and medium fries.

McDonalds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Burger King \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sonic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Go back to the nutritional facts and write down the information for those “healthier choices” you just suggested.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Serving Size | Calories | Calories from fat | Total Fat | % Daily Value | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
| McDonalds  Item: |  |  |  |  |  |  |  |  |  |  |  |
| Burger King  Item: |  |  |  |  |  |  |  |  |  |  |  |
| Natural cut fries with  Item: |  |  |  |  |  |  |  |  |  |  |  |