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Period #

13-Dec-12

[http://www.mcdonalds.com/app\\_controller.nutrition.index1.html](http://www.mcdonalds.com/app_controller.nutrition.index1.html)

# Fast Food Facts

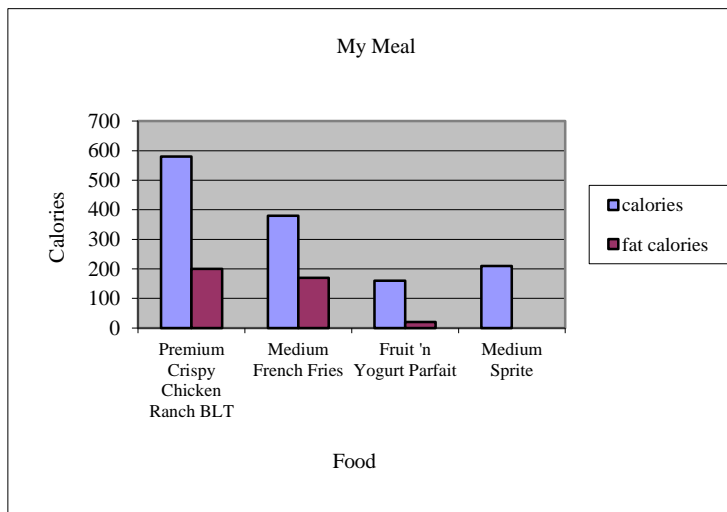


## Activity 1

### My Fabulous Meal

Category	Food Items	calories	fat calories	% of fat
	Premium Crispy Chicken Ranch			
main dish	BLT	580	200	34.48%
side dish	Medium French Fries	380	170	44.74%
desert	Fruit 'n Yogurt Parfait	160	20	12.50%
drink	Medium Sprite	210	0	0.00%
total calories		1,330		
total fat grams			390	
total %				91.72%

## Activity 2



Worksheet

1. Total calories for meal		1,330	
2. Total fat calories for meal	390		
3. Total non-fat calories for meal		940	
4. Percentage of fat in meal	91.72%		
5. Item with most calories and number of calories	Premium Crispy Chicken Ranch BLT		580
6. Item with least calories and number of calories	Fruit 'n Yogurt Parfait Premium Crispy Chicken Ranch BLT		160
7. Item besides the beverage with the highest percentage of fat			
8. Percentage of fat for item in #7	34.48%		
9. Item besides the beverage with the lowest percentage of fat			
10. Percentage of fat for item in #8	160		
	12.50%		