

Name: _____

Date: ___/___/___

Class: ___ A / B

Guidelines for Healthful Eating Research Activity

Directions: Using an iPad, research how many calories are in each of the below items and appropriately fill in the chart. If the restaurant does not offer that meal, write in the box “does not offer.”

Restaurant	Grilled Chicken Sandwich	Fried Chicken Sandwich	Small Fry	Medium Fry	Large Fry	Cheese-burger	Salad w/ grilled chicken	Large Coke
Zaxbys								
McDonalds								
Chick-fil-A								

Directions: Using an iPad, research how many calories are in your favorite four items offered by the given restaurant. Write in the item’s name below and how many calories are in that item in the appropriate box.

Restaurant	Item #1	Item #2	Item #3	Item #4
Taco Bell				
Papa Johns				
Sonic				

Directions: Using an iPad, research how many minutes you would have to walk in order to burn off each of your favorite items in the chart above. Use this website for help:

<http://www.myfitnesspal.com/exercise/lookup>

Restaurant	Number of minutes of brisk walking to burn item #1 from chart above.	Number of minutes of running 6.7 mph to burn item #2 from chart above.	Number of minutes of basketball, shooting baskets, to burn item #3 from chart above.	Number of minutes of flag football to burn item #4 from chart above.
Taco Bell				
Papa Johns				
Sonic				

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