

How healthy is your favorite fast food meal? Write down all the items, including beverages, that you order from a fast food restaurant. Using the company website or nutrition pamphlet, fill in the calories, fat, carbohydrate, and protein content of all the items. Complete the worksheet to determine the nutritional content of this meal.

# NUTRITION

## CALORIES IN—THE ENERGY BALANCE

Item	Calories	Fat	Carbs	Protein
<b>TOTALS</b>				

Using the Calories Out worksheet, determine if this meal exceeds the number of calories needed in just one day. If so, can you pick a healthier meal from your restaurant menu? Use the table below to calculate those totals.

Item	Calories	Fat	Carbs	Protein
<b>TOTALS</b>				

# NUTRITION

## CALORIES OUT—THE ENERGY BALANCE

Enter the number of calories from the Calories In worksheet \_\_\_\_\_

Based on the **Calorie Requirements** listed below, were your “calories in” less than, equal to, or greater than your calories required?

\_\_\_\_\_ less than

\_\_\_\_\_ equal to

\_\_\_\_\_ greater than

If “greater than” what could you have eliminated from your meal so that your calories in were less than or equal to your calories required?

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### **Calorie Requirements** (9–11 years old)

Sedentary 1600 cal.

Moderate 1800 cal.

Active 2000 cal.

**Sedentary:** Less than 30 minutes of moderate physical activity each day in addition to your normal routine.

**Moderate:** 30-60 minutes of moderate physical activity each day in addition to your normal routine.

**Active:** More than 60 minutes of moderate-to-intense physical activity each day in addition to your normal routine.