

Fast Foods Intermediate

Jackie decided not to go out for a fall sport, but it is very important to her to keep physically fit for basketball season.

She will keep her job at the sports shop, going there after school each day. Two days each week she will have to eat fast food so that her schedule will work.

Which fast food meal should Jackie select most often to keep the cost down, be low in fat, and be a good source of protein and carbohydrates.

Criteria:

- **Cost**
- **Low in fat**
- **High in protein**
- **High in carbohydrates**

#1

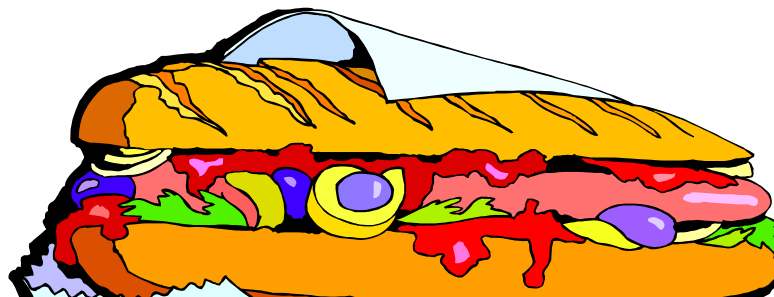
Roast Beef Sub with Cheese Baked Potato Chips Skim Milk

Cost: \$4.27

Total Fat: 20 grams

Protein: 44 grams

Carbohydrates: 66 grams



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#2

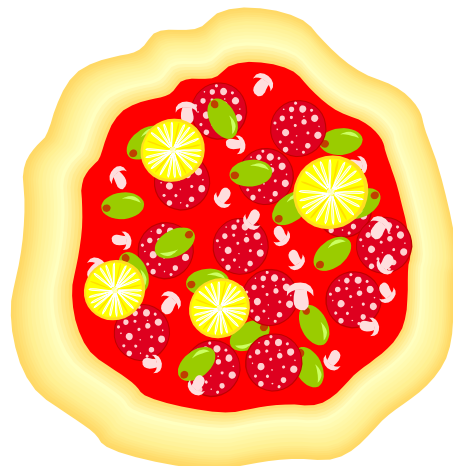
**Pepperoni Pizza
Bread Sticks
Sports Drink**

Cost: \$4.47

Total Fat: 22 grams

Protein: 30 grams

Carbohydrates: 94 grams



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#3

Garden Salad with Ranch Dressing Chocolate Chip Cookie Vanilla Shake

Cost: \$4.47

Total Fat: 30 grams

Protein: 28 grams

Carbohydrates: 117 grams



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#4

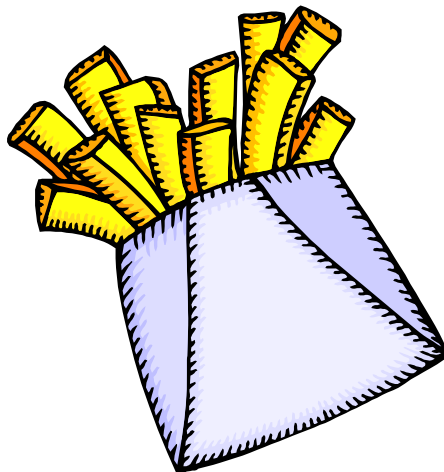
Chicken Strip Basket w/ French Fries and Gravy Medium Blizzard

Cost: \$6.50

Total Fat: 73 grams

Protein: 47 grams

Carbohydrates: 199 grams



Fast Foods Intermediate Official Placing

Placing: 1-2-3-4

Cuts: 1-1-4

I place this class of fast foods 1-2-3-4.

In the top pair 1 is placed over 2 because 1 is lower in cost and lower in fat than 3. #1 also has more protein. Granted, 2 has more carbohydrates than 1.

In the middle pair, 2 is placed over 3 because 2 has less fat and more protein than 3. Granted, 3 has more carbohydrates than 2.

In the bottom pair, 3 is placed over 4 because 3 is less expensive, making it more affordable to be eating on a regular basis. Granted, 4 has the most protein and carbohydrates.

I criticize 4 and leave it at the bottom of the class because it is very high in fat and is very expensive.

Therefore, I place this class of fast foods 1-2-3-4.

1234 - 50
1243 - 46
1324 - 49
1342 - 44
1423 - 41
<u>1432 - 40</u>
2134 - 49
2143 - 45
2314 - 47
2341 - 41
2413 - 39
<u>2431 - 37</u>
3124 - 47
3142 - 42
3214 - 46
3241 - 40
3412 - 36
<u>3421 - 35</u>
4123 - 35
4132 - 34
4213 - 34
4231 - 32
4312 - 32
4321 - 31

Fast Foods Intermediate Questions

- 1. Which option included a sports drink? _____**
- 2. Which choice had the least amount of fat? _____**
- 3. Which option was the most expensive? _____**
- 4. Which choice had 94 grams of carbohydrates? _____**
- 5. Which choice had the most protein? _____**

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- 5. Which choice had the most protein? _____**

Fast Foods Intermediate Question Answers

- 1. Which option included a sports drink? 2**
- 2. Which choice had the least amount of fat? 1**
- 3. Which option was the most expensive? 4**
- 4. Which choice had 94 grams of carbohydrates? 2**
- 5. Which choice had the most protein? 4**