

6th Grade Health 9/24/18

EQ: How many calories are in fast foods?

CW: Fast Food Comparisons

No HW

What is your  fast food?

Collaborate!

What is your favorite fast food?

Agenda

1. Share Wordles
2. Calories
3. Fast Food Comparisons



<https://www.youtube.com/embed/VEQaH4LruUo>

parent tips

Calories Needed Each Day

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How many calories you need each day depends on a few things:

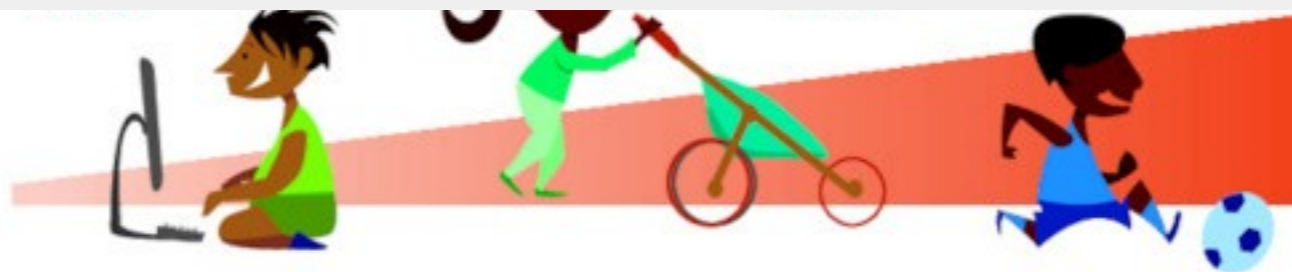
- Your age
- Whether you are male or female
- How active you are

The tables on the next pages show the calories needed each day for boys and men, and for girls and women. They are split by age and three levels of activity.

Lightly Active—Does only light activity equal to walking quickly for 1 1/2 to 3 miles each day (more than 40 minutes) each day. Plus, does light activity needed for daily life.

Some Active—Some ENERGY OUT. Does physical activity equal to walking quickly for 1 1/2 to 3 miles each day (more than 40 minutes) each day. Plus, does light activity needed for daily life.

Very Active—A lot of ENERGY OUT. Does physical activity equal to walking quickly for more than 3 miles each day (more than 40 minutes). Plus, does light activity needed for daily life.





Collaborate!

How many calories do you think is in McDonalds Big Mac?



NUTRITION FACTS

Serving Size 7.6 oz

Calories 550

Amount Per Serving	%Daily
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Total Fat 29g	45%
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Saturated Fat 10g	50%
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Trans Fat 1.5g	
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Cholesterol 75mg	25%
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Sodium 1000mg	42%
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Total Carbohydrate 46g	16%
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Dietary Fiber 3g	13%
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Sugars 9g	
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Protein 25g	
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Calcium 260mg	25%
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Potassium 0mg	
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*** Based on 2,000 calorie diet*

Analyzing Fast Food Restaurants

Name: _____

Period: _____ Date: _____

What fast food restaurant are you researching? _____

We are comparing CALORIES

List fast food items and the amount of calories they contain

Main Food items <small>(burgers, tacos, chicken nuggets)</small>	<u>amount</u>	Complimentary Items <small>(fries, onion rings, mexi- fries)</small>	<u>amount</u>	Desserts <small>(shakes, cookies, cinnamon twists)</small>	<u>amount</u>



McDonalds nutrition information



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McDonald's > Menu nutrition

n Sesame See...

Quarter Pounder Deluxe

590 Calories · Burgers

Pico Guacamole Burger on Potato Roll

580 Calories · Burgers

Quarter Pounder Deluxe New York

590 Calories · Burgers

Pico Guacamole Burger on Sesame Seed ...

580 Calories · Burgers

Triple Bacon Cheeseburger

590 Calories · Burgers

Big Mac

540 to 560 Calories · Burgers

Artisan Roll

Triple Bacon Cheeseburger New York

590 Calories · Burgers

McTeri Deluxe

560 Calories · Burgers