6th Grade Health 9/23/19

EQ: How many calories are in fast foods?

CW: Fast Food Comparisons

No HW

Agenda

1. Question of the day
2. Mindful minutes
3. Calories
4. Fast Food Comparisons

Open Ended Question

Write silently for three minutes: Do you eat fast food? If so, what is your favorite fast food and why? If not, what is your favorite dinner and why?

Please enter your answer here.

https://www.youtube.com/embed/8y0QzKXb_U8

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

parent tips

we can!

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 d ... NERGY OUT. Does only light depends on a few things: ... e. For instance, cooking or

- Your age
- Whether you are male or femal ... —Some ENERGY OUT. Does
- How active you are ... al to walking quickly for 1 ½ to 3 ... 40 minutes) each day. Plus, does light ... ed for daily life.

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

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.

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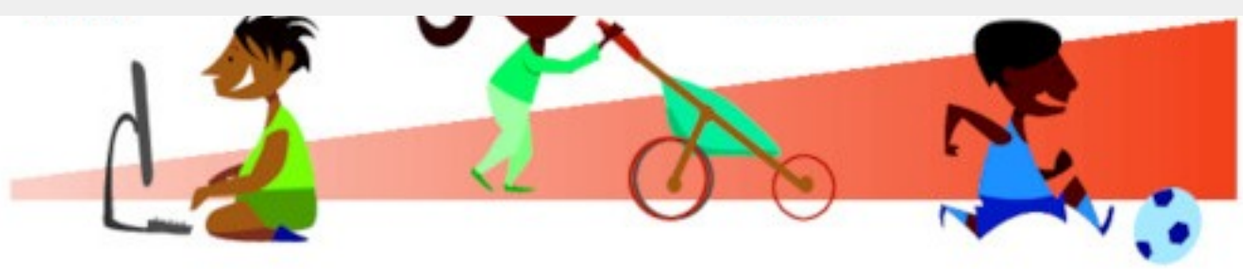


Collaborate!

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

NUTRITION FACTS

Serving Size 7.6 oz

Calories 550	
Amount Per Serving	%Daily
Total Fat 29g	45%
Saturated Fat 10g	50%
Trans Fat 1.5g	
Cholesterol 75mg	25%
Sodium 1000mg	42%
Total Carbohydrate 46g	16%
Dietary Fiber 3g	13%
Sugars 9g	
Protein 25g	
Calcium 260mg	25%
Potassium 0mg	

*** Based on 2,000 calorie diet*

Analyzing Fast Food Restaurants

Name:_____

Period: _____Date:_____

What fast food restaurant are you researching?_____

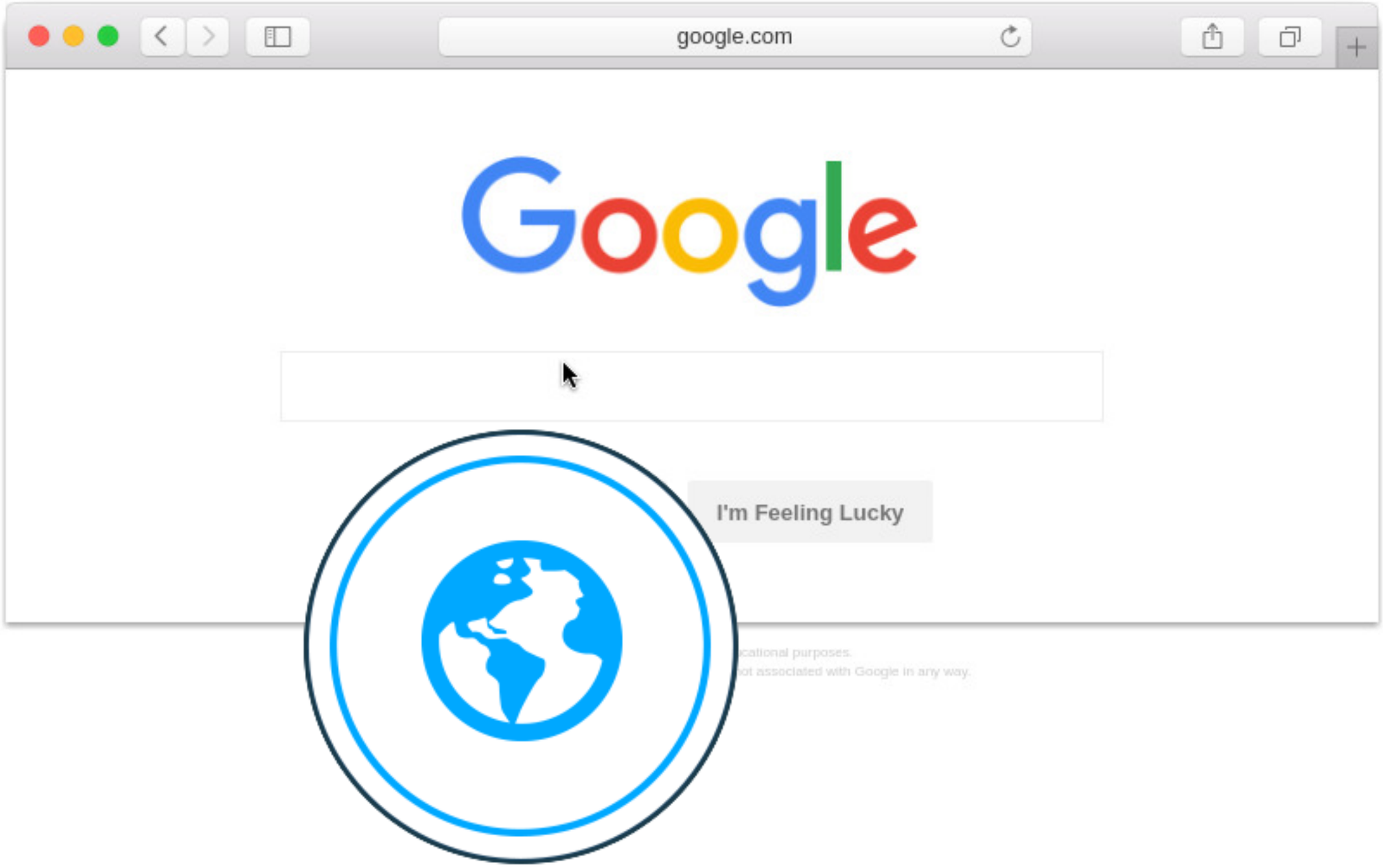
We are comparing CALORIES

List fast food items and the amount of calories they contain

Main Food items (burgers, tacos, chicken nuggets)	amount	**Complimentary Items** (fries, onion rings, mexi- fries)	amount	**Desserts** (shakes, cookies, cinnamon twists)	amount

Step 1
Visit google.com

Step 2
Type your question.



http://lmgtfy.com/?q=McDonalds+Nutrtition

McDonalds nutrition information

All Images Shopping News Maps More Settings Tools

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

Roll

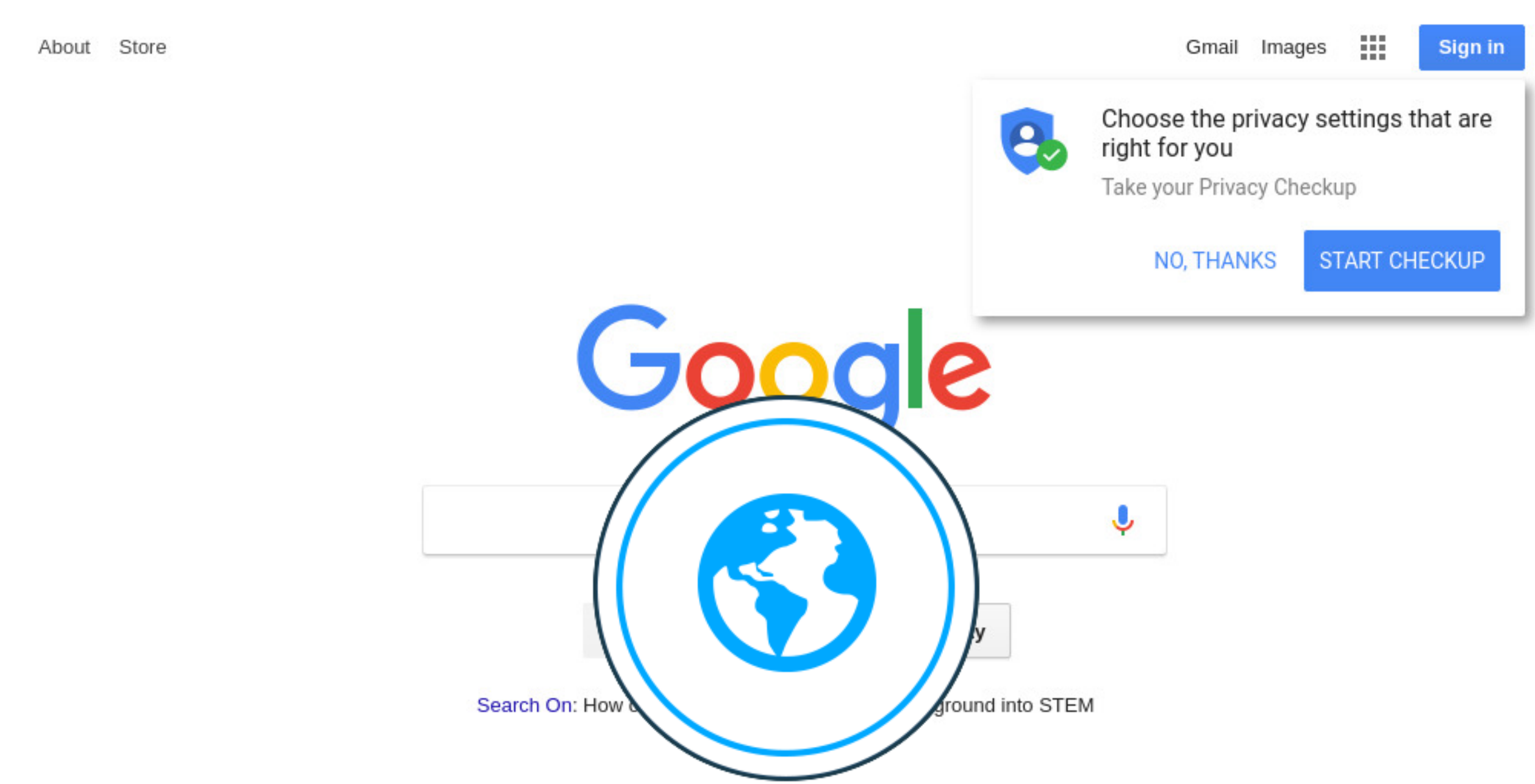
Triple Bacon Cheeseburger
590 Calories · Burgers

Big Mac
540 to 560 Calories · Burgers

Artisan Roll

Triple Bacon Cheeseburger New York
590 Calories · Burgers

McTeri Deluxe
560 Calories · Burgers



http://google.com