

## FAST-FOOD FANATICS

(Adapted from CoEd, March, 1982, p.34a)

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Making the right choices at the fast-food counter is not always easy. Take this quiz to see how you rate. Circle the letter of the correct answer.

1. Jane is very concerned about eating well-balanced meals. Which of these fast-food favorites will give her a serving from each of MyPyramid Groups?
  - a. Double-decker burger
  - b. Pepperoni and cheese pizza
  - c. Two fried chicken drumsticks
  
2. Joe is a little overweight and would like to shed about five pounds. He will be eating at his favorite pizza parlor tonight. Which is his best low-cal choice?
  - a. Two slices thick crust pizza
  - b. Two slices plain cheese pizza
  - c. Two slices sausage and cheese pizza
  
3. Greg is trying to make the football team, but he's a little underweight. He loves fast food and he wants to load up on the calories so he can gain weight. Which of the following meals is the healthiest way for Greg to put on the pounds?
  - a. Three orders of fries and a chocolate shake
  - b. Apple pie, onion rings and a vanilla shake
  - c. Two pieces of chicken, coleslaw, mashed potatoes and orange juice
  
4. Mary's trying to cut calories so she doesn't drink soda. Which is the best drink for her to order?
  - a. Skim milk
  - b. Orange juice
  - c. Both are good choices
  
5. Pete, another calorie counter, can't resist the double-decker burger. So to save calories, which of the following toppings should he use on his burger instead of mayonnaise?
  - a. Ketchup
  - b. Blue cheese dressing
  - c. Tartar sauce

6. Sam's family is eating at Chicken City tonight. He hasn't had any fruit or vegetables at all today. What's the best choice for him to have with his chicken and milk?
  - a. Coleslaw
  - b. Buttered roll
  - c. Hot fudge sundae
  
7. Andrea's watching her calorie intake too, so she eats lots of salad—even at fast-food places. Which of the following dressings would be her best (low calorie) bet?
  - a. Creamy Italian dressing
  - b. Russian dressing
  - c. Reduced-calorie Caesar dressing
  
8. John has just finished dinner at Hamburger Haven—burger, fries, and milk. But he's hungry again. What's the best snack for John?
  - a. Ice cream
  - b. Apple pie
  - c. An orange
  
9. Kathy is trying to cut down on salt. Which side order is her best choice?
  - a. Onion rings
  - b. Tossed salad
  - c. Pickles
  
10. Which of the following is your best bet when eating at a fast-food restaurant or anywhere at all? (Hint: everyone should drink lots of this every day.)
  - a. Milk
  - b. Water
  - c. Orange juice
  
11. Cindy is trying to cut down on fats. Which is her best dinner choice?
  - a. Fried fish and cheese sandwich
  - b. Plain hamburger
  - c. Cheeseburger with extra sauce
  
12. Evan knows that fast-food dinners are low in fiber and vitamins A and C. So, planning ahead, which is his best choice for lunch?
  - a. Chef salad
  - b. Grilled cheese sandwich
  - c. Meatball hero