

Fast Food Analysis

Summary

In this lesson students will analyze their favorite fast food places for calories, fats, and other nutrients to decide whether or not fast food restaurants can be part of a healthy diet.

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.3:](#)

Time Frame

3 class periods of 45 minutes each

Group Size

Individual

Materials

- Internet access
- Worksheet for Fast food
- computer lab
- Markers or crayons
- Poster board

Intended Learning Outcomes

Based on this interactive computer lab, students will be able to conclude whether or not fast food eating can be a part of a healthy diet.

Instructional Procedures

After students complete the computer lab, they will then make a graph showing the nutritional content of their fast food restaurants, and share this information with the class, to conclude why or why not fast foods are healthy.

Assessment Plan

Presenting the poster

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