

# 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

## Authors

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