

## **My Favorite Fast Food Meal Assignment**

Your job is to make a Slide Presentation with your favorite Fast Food Meal. You will need to pick an entree, a side, a dessert and one drink item (all items do not need to be from the same restaurant).

**Slide 1:** (5 points) Title Slide-Include your name (make Slide Presentation an expression of you. Pick colors that you like, or font choice)

**Slide 2:** (5 points) What is your favorite meal-include pictures of all your food items

**Slides 3-6:** For each food item/drink you will need four slides, which specific information on each slide

Food Item 1: \_\_\_\_\_

**Slide 3:** (5 points) Name of food item, Picture of Food Item and a list of ingredients

**Slide 4:** (5 points) Name of food item, Nutritional information- Calories, Total Fat, Saturated, Polyunsaturated, Monounsaturated, Trans Fats, Potassium, Total Carbs, Dietary Fiber, Sugars, Protein, Cholesterol, Sodium, Vitamin A, Vitamin C, Iron, Calcium

**Slide 5:** (10 points) To burn off ??? calories, I would have to...

Run ??? miles, Walk ??? miles, Swim ??? miles. (Pick 3 exercises you would be willing to partake in and tell me how long you have to perform that exercise to burn the calories you consumed.)

**Slide 6:** (10 points) In a very well developed paragraph (**“Well developed” means that every idea discussed in the paragraph is adequately explained**) of **7 sentences or more** answer the following question for each food item.

After looking at how many miles you have to run, walk or swim to burn off the calories you ate, would it be worth eating that food item? Why or Why not? Is there anything you could do to make that food item healthier and save some calories?

Food Item 2: \_\_\_\_\_

**Slides 7-10:** (30 points) repeat slides 3-6 for new food item

Food Item 3: \_\_\_\_\_

**Slides 11-14:** (30 points) repeat slides 3-6 for new food item

Food Item 4: \_\_\_\_\_

**Slides 15-18:** (30 points) repeat slides 3-6 for new food item