

Fast Food Survival Guide

Fast Food Survival Guide



Suite 301
641 W. Lake Street
Chicago, IL 60661

P 800.634.4941
F 800.998.0854

info@learningseed.com
www.learningseed.com



Fast Food Survival Guide

Legal Niceties

The Video

Copyright © 2005 Learning Seed.

This video program is protected under U.S. copyright law. No part of this video may be reproduced or transmitted by any means, electronic or mechanical, without the written permission of the Publisher, except where permitted by law.

This Teaching Guide

Copyright © 2008 Learning Seed.

This teaching guide is copyrighted according to the terms of the Creative Commons non-commercial license (<http://creativecommons.org/licenses/by-nc/2.5/>). It may be reproduced, in its part or its entirety, for classroom use. No part of this guide may be reproduced for sale by any party.

You are free:

- to copy, distribute, display, and perform the work.
- to make derivative works.

Under the following conditions:

- Attribution. You must attribute the work to Learning Seed.
- Noncommercial. You may not use this work for commercial purposes.
- For any reuse or distribution, you must make clear to others the license terms of this work.
- Any of these conditions can be waived if you get permission from the copyright holder.

Credits

This Teaching Guide

Compilation: Gabriel Mckee

Copy Editor: Jennifer Smith

Learning Seed Catalog and ISBN Numbers

DVD LS-1283-05-DVD ISBN 0-917159-20-9

VHS LS-1283-05-VHS ISBN 0-917159-72-1

Closed Captioning

This program is closed-captioned.

Our Guarantee

Please contact us with any questions or concerns at:

Learning Seed

Suite 301
641 W. Lake Street
Chicago, IL 60661

P 800.634.4941
F 800.998.0854

info@learningseed.com
www.learningseed.com

Fast Food Survival Guide

Table of Contents

The Program	1
Summary	1
The Origin Of Fast Food.....	2
The Problem With Fast Food.....	3
Some Fast Food Winners	5
Review	6
Interactive Elements	7
Questions For Discussion	7
Suggested Activities.....	8
Evaluation/Testing	9
Fill-In-The-Blank	9
Fill-In-The-Blank Answer Key	10
Multiple Choice Worksheet.....	11
Multiple Choice Worksheet Answer Key	12
Quiz.....	13
Quiz Answer Key	14
Additional Information	15
Chart #1	15
Percentage Of Food Budget Spent At Home And Away From Home, 1869-2000.....	15
Chart #2	15
Recommended Daily Intake Of Calories And Fat.....	15
For More Information.....	16

The Program

Summary

Fast food is here to stay as part of our culture and economy. We choose to eat on the run and vote for fast food with our pocketbooks to the tune of billions of dollars a year. What role can fast food play in a sensible eating plan? Our program examines the role of fast food in society and shows that even though you might not want to become its best friend, you can learn to live with it.

The Fast Food Survival Guide offers a balanced look at fast food, giving detailed information about how to be an informed consumer and how to fit fast food into a balanced diet.

Key points:

- Why is fast food a multi-billion dollar industry that competes with both home cooking and sit-down restaurants?
- Should fast food be taxed like cigarettes to fund obesity-related health care expenses?
- Does *fast* food have to be *fat* food? How can you eat healthy at fast food restaurants?
- How can you avoid excessive calories and fat at a fast food restaurant?
- What can you do to control the size of your portion in a “supersize” culture?
- How did fast food restaurants begin, and what cultural and social needs do they meet?

The Origin Of Fast Food

Decades ago, a meal outside the home was a rare event. A typical family ate at a restaurant only a few times a year. Even lunches were usually prepared at home. Some people did eat at local diners or coffee shops, but there was nothing like the ubiquitous fast food chains we have today. Now, a new fast food restaurant opens every two hours, and American families eat nearly one in three meals outside the home. We spend nearly half of our food budget outside the home—an annual total of over \$120 billion.

It all started with donuts. In 1946 Bill Rosenberg started a business selling sandwiches and coffee to factory workers from a truck. Within three years he had a hundred trucks, but he feared that factory vending machines would put him out of business. 40% of his sales were donuts, so he opened a retail store with a simple model—it would sell nothing but donuts and coffee. The store, called “Dunkin’ Donuts,” was a hit, and a few years later he wanted to open more stores but lacked the cash. He sold the rights to open more shops to his friends, becoming a pioneer in fast food franchising.

Rosenberg wasn’t the only person thinking about diners’ convenience. In 1954, a milk shake machine salesman named Ray Kroc visited a drive-in restaurant in San Bernadino, California. The restaurant, run by the McDonald brothers, had a simple menu—15 cent hamburgers, 10 cent fries, and a 20 cent milk shake, all sold from a window—there were no tables inside, and customers ate in their cars. Kroc convinced the McDonald brothers to let him franchise their idea, and the first McDonald’s opened in 1955 in Des Plaines, Illinois—now home to the McDonald’s #1 Store Museum. Kroc’s restaurant helped define standard fare at fast food restaurants for decades to come—for instance, french fries were a seldom-ordered side dish, but Kroc made them a staple.

The North American Industry Classification System (NAICS) classifies fast food restaurants based on when customers pay. Restaurants where you pay before you eat fit into the fast food category, meaning that statistics about this type of restaurant include many casual restaurants that don’t present themselves as “fast food.” Paying before you eat means speed and convenience. It may not seem like it, but these are economic concerns. If you spend less time shopping for food and preparing meals, you have more time to do other things. We eat fast food for the same reason we buy clothes rather than making our own or go to a store instead of a lumber yard when we need a new piece of furniture. Time is money in our society, so fast food makes us wealthier—but it may not make us healthier.

The Problem With Fast Food

According to some critics, eating fast food is like smoking cigarettes. The high levels of fat, cholesterol, and calories in fast food leads to clogged arteries, just like cigarettes lead to clogged lungs. Some suggest that restaurants should be required to warn customers about calories and fat and that the government should put a “sin tax” on fast food—in other words, that fast food should be treated legally in a manner similar to alcohol and cigarettes. They argue that advertising fast food to children can encourage bad eating habits that will make kids overweight, and some have even filed lawsuits charging fast food companies with contributing to childhood obesity. Others counter that taxing fast food would unfairly target poor families. But as expensive as that tax might be, the cost of the medical problems connected with obesity are even higher. On average, a 50 year old man who is moderately obese will need \$1,000 more in annual medical care than a normal weight man of the same age, and \$4,000 more if he is severely obese.

However, the media’s talk about the “obesity epidemic” may be overblown. In 1998 the threshold for the definition of “overweight” was lowered from a body mass index (BMI) of 25 instead of 27. This made 30 million Americans overweight overnight. Obesity means a BMI of 30 or more, but many writers and newscasters fail to distinguish between “overweight” and “obese.” A man who is five foot eight and weighs 168 pounds isn’t obese. But that kind of media panic may have been one of the reasons for changing the definition of “overweight.” The number of people who are obese has risen dramatically in the last 30 years, and redefining the category below obesity led to a boom in fitness and calls for fast food restaurants to reform their menus.

It’s true that much fast food is high in fat and calories, but neither of these are poisons like the chemicals in cigarettes. In fact, we need both fat and calories to live. It’s also true that a lot of the advertising aimed at kids often markets the least nutritious foods. But that was the case years before the first fast food restaurants opened. One reason for this is that basic foods like bread and vegetables are so low-priced that advertising isn’t cost-effective. The real profits lie in brand-name foods, soft drinks, and fast food, so that’s where the advertising money goes. Advertising isn’t the only place where money calls the shots. Taco Bell introduced the “Border Lites” line of lower-calorie items in 1995, but they didn’t sell well. Consumers had said they wanted more low-calorie menu options, but their buying patterns didn’t follow. Ultimately, the responsibility for what you eat is in your own hands. The government can’t protect you from bad eating habits, and you shouldn’t let a marketing department make your eating decisions for you. It’s up to you to be an educated consumer and make your eating decisions carefully.

Sugar and fat

When nutritionists talk about “empty calories,” chances are they’re talking about sugar. A 32-ounce large soft drink contains as much sugar as 11 Krispy Kreme donuts—a total of 26 teaspoons. The average teenage boy drinks three cans of soft drinks a day. That’s a total of over 1000 calories from sugar. Sugar isn’t bad in itself, but these calories supply no nutrients. In one study, researchers added 450 calories a day of jelly beans to volunteers’ diets for four weeks, followed by 450 extra calories of soft drinks. With the jelly beans the volunteers ate 450 fewer calories of other foods every day, but not with the pop. They simply consumed 450 more calories every day—enough to lead to weight gain. Public school systems in New York City and Los Angeles have banned soft drink sales during school hours.

Fat is a similar source of empty calories. Ounce for ounce, fat has more than twice as many calories as sugar. Cheese is one of the biggest sources of this extra fat—a single slice of cheese on a sandwich or hamburger adds 100 calories. Like french fries, cheese used to be a novelty, but now it’s so common that Americans eat four million tons of cheese. That’s enough to build a wall of cheese six feet high and one foot thick around the entire state of Texas. It’s not easy to tell which foods are higher in fat. A Chicken Fiesta Taco Salad from Taco Bell has 790 calories and 38 grams of fat—compare that to 390 calories and 14 grams of fat for a Steak Burrito Supreme[®]. One rule of thumb is that if you see a big picture of an item on display, it’s probably high in calories. A hamburger is a light meal, but adding cheese, an oversized bun, mayonnaise, and bacon will overload it with calories. More ingredients means more calories, so it’s easier to fit simpler menu items into a balanced diet.

Portion size

The size of the average portion of food served by a restaurant has increased quite a bit in the last few decades. Cup holders in older cars won't even hold the cups that hold today's giant drinks. In 1990, a medium serving of french fries was 3.5 ounces and 320 calories, but today it's over 5 ounces and 450 calories. Studies have shown that if you put more food in front of people, they'll eat more. That's one reason that the weight of the average American increased by 10 to 15 pounds in the last 20 years. All it would take to gain that kind of weight would be one extra soft drink a day. Many fast food restaurants have built this kind of portion increase into their menu by pricing the large sizes just a little over the medium sizes. Many customers choose to spend the extra money, so the restaurant's profits increase. When you see that an enormous portion is only a few cents more, you'll probably go for the larger one. It feels like you're getting a bargain, but what you're really getting is more calories than you need. It's important to take a stand on portion sizes—you should decide how much food you want to eat, not the restaurant.

The smaller menu items are often the healthier ones, but this is another place where marketing can be misleading. Chicken is usually marketed as a healthier alternative to regular fast food fare, but an Original Chicken Sandwich at Burger King has 660 calories and 40 grams of fat, compared to 370 calories and 21 grams of fat for a Whopper Junior[®]. Portion size is the key—the chicken may seem healthier at first, but there's a lot more of it. Words like "chicken" and "salad" don't necessarily mean that a food is healthier. The difference between a small and large size can be enormous. At one popular deli chain, a small chicken sandwich is a reasonable 330 calories with 4 grams of fat. But moving up to the large size for just a few cents more adds 640 calories for a total of over 970 calories, with an additional 6 grams of fat. That's over a third of the calories that most people need in a day. (See the chart on page 15 for more information on recommended daily intake of calories and fat.) If you're not sure about a food's nutrition, you can always ask. Fast food restaurants are required by law to have nutritional information available.

One good way to take a stand against oversized portions is to share. A banana split at Dairy Queen has 510 calories, but by sharing with a friend you can fulfill your ice cream craving and only eat 255 calories. Movie theater popcorn is one of the fattier fast food items out there—910 calories and 71 grams of fat for an 11-cup "medium" serving—but splitting it with 2 or 3 friends can make it a slightly less unhealthy indulgence. Sharing is a great way to take control of portion size back from the restaurant.

French fries: Where do those calories come from?

How a food is prepared can also make a big difference. Compare a 10-ounce baked potato from Wendy's to a 5.5-ounce bag of fries from the same restaurant. The fries have 420 calories and 20 grams of fat, but the potato—which is twice as big—has only 270 calories, and no fat at all. Even if you add sour cream and chives, the baked potato still wins with 320 calories and 4 grams of fat. They're both made from the same thing—why are the fries so much worse for you? It comes down to how they're prepared. Potatoes act as a sponge for the cooking oil they're fried in. That oil is liquid fat, and that oil makes a big difference in nutrition. Potatoes average 26 calories per ounce when they're baked, but 89 per ounce when fried. At McDonald's, a medium order of fries has as much fat as a Quarter Pounder[®] hamburger. Burning off the 380 calories in that medium serving would take almost 40 minutes of jogging. Nevertheless, fries are a popular item—the average American eats 30 pounds of them a year. They're a high-profit item, so restaurants want you to order them often and in large sizes.

Some Fast Food Winners

A lot of fast food is unhealthy, but there are some items on the menu that are better choices for a balanced diet.

- Taco Bell has “Fresco Style” versions of most basic menu items like tacos and burritos. By using a five-calorie sauce and a less-than-five calorie sauce instead of higher-calorie sauces and cheese, these items range from 150-350 calories and all have less than 10 grams of fat.
- Pizza Hut’s 12” Fit n’ Delicious Pizza™ uses half the cheese and twice the sauce as an average pizza, and has 150-170 calories for a small slice, with several topping selections. You probably won’t stop with one, but it’s still a reasonable lunch option.
- Leave the mayonnaise off of Burger King’s Tendergrill Chicken Sandwich® and it has 400 calories and 7 grams of fat—110 calories and 12 grams fewer than the version with mayo. The BK Veggie® Burger has 420 calories and 16 grams of fat—not the lightest fare, but a good alternative to the 670 calorie, 39g Whopper®.
- Subway’s 6-Inch Jared sandwiches have 220-370 calories and under 10 grams of fat, but be sure to get them without mayonnaise, butter, and cheese.
- If you use only half the oversize dressing packet, Wendy’s Mandarin Chicken Salad with almonds comes in at 445 calories and 23 grams of fat. Their Chicken Caesar Salad is even lighter, with only 180 calories and 6 grams of fat if you leave out the croutons (70 calories, 2.5g fat) and the dressing (120 calories, 13g fat).
- With sauce, Kentucky Fried Chicken’s Tender Roast® Sandwich has 380 calories and 13 grams of fat. Hold the sauce and it’s even leaner—300 calories and 4.5g of fat. Many of their side orders are reasonable too: the corn on the cob (150 calories, 2g fat), barbecued baked beans (190 calories, 3g fat) and mashed potatoes (120 calories, 6g fat) are all reasonable options.
- McDonald’s has several healthy salad options. The Caesar Salad with Grilled Chicken and low-fat vinaigrette has only 260 calories and 9 grams of fat. But be sure to get the grilled chicken—the “crispy” options are fried, which means extra calories and fat. And a basic McDonald’s hamburger, which isn’t too different from the hamburger that launched the brand, has 250 calories and 9 grams of fat. The basic burger at most fast food restaurants is usually reasonable—it’s the added ingredients you need to be careful about.
- Many fast food sauces are mayonnaise-based, so they have a lot of calories. Hold the mayo and use ketchup and mustard instead—they can make a sandwich flavorful without adding unnecessarily calories and fat.
- Desserts don’t need to be calorie juggernauts, either. McDonald’s Fruit ‘n Yogurt Parfait has only 160 calories and 2 grams of fat. A strawberry sundae is 280 calories with 6 grams of fat.
- Generally, soft serve ice cream has fewer calories than scooped ice cream. It has air in it, so has less fat by volume.

Just because food is fast doesn’t mean it’s bad for you. It’s possible to fit fast food into a balanced diet. But doing so means you need to take responsibility for what you eat. You need to be an informed consumer and make your own decisions about what to eat rather than letting a restaurant’s marketing department tell you what to order.

Review

- Fast food restaurants save their customers' time, giving them more opportunity to do other things than shopping and cooking.
- The first fast food chains were started in the 1950s, and they are now a \$120 billion a year industry.
- Some activists argue that fast food should be taxed because it is so unhealthy, and that restaurants should be required to warn their customers about the nutritional values of their food.
- The biggest nutritional problems in fast food are sugar and fat. A lot of the sugar comes from soft drinks, and frying oil and cheese are the source of much of the fat.
- Portion size is another big problem. Many fast food restaurants offer large servings for a few cents more than smaller ones. Customers think they're getting a bargain, but they're really just getting more calories and fat than they need.
- Ordering smaller portions, avoiding menu items that are deep-fried, eliminating high-calorie dressings and sauces, and sharing large portions are all good ways to reduce the calorie count of a fast food meal.
- Because of their higher profit margins, most fast food advertising is dedicated to the least healthy items on the menu. Don't let the marketing department make your decisions for you! It's possible to fit fast food into a balanced diet, but it requires being an informed consumer and making careful decisions about what you order.

Questions For Discussion

1. Do you think that fast food should be taxed to fund obesity-related health care? Why or why not?

There are many pros and cons to this question. Fast food is frequently high in calories, sugar, and fat, and the restaurants are not always forthcoming about the nutritional shortcomings of their foods, like the 26 teaspoons of sugar in a large soft drink. Others argue that taxing fast food will unfairly target poor families, and that it is not the government's responsibility to make sure you eat a balanced diet.

2. Take an informal survey of the class's fast food eating habits. How often do the people in your class eat at fast food restaurants? What kind of foods do you order?

3. Brainstorm a list of simple ways to make a fast food order healthier.

Options for making the average fast food meal healthier include ordering a smaller portion or declining an inexpensive size upgrade; requesting foods without high-calorie sauces and dressings; ordering grilled, broiled, or baked versions of common menu items instead of standard fried ones, avoiding the empty calories of a high-sugar soft drink, and sharing a too-large portion with a friend.

4. Has your attitude toward fast food changed after watching this video? Are you more or less likely to eat fast food?

5. Would you prefer your school had a fast food court for lunches instead of a cafeteria? Why or why not?

6. Stage a debate on the question of whether or not fast food restaurants are to blame for obesity. Are they providing unhealthy food to unsuspecting customers, or are they simply giving the people what they want? Do the restaurants sell unhealthy foods because that's what their customers demand, or are their customers simply buying what's available?

7. Critics of fast food contend that advertising to young children teaches habits that lead to an unhealthy diet. Do you think regulations forbidding advertising fast food to children would help?

8. Can you personally recommend any fast food menu items that both taste good and are not very high in fat and calories?

Suggested Activities

1. Obtain nutritional information from 3-5 fast food restaurants either from their websites or from the counter at the restaurants themselves. Have your students compare the relative healthiness of the foods on the menus, focusing on calories, sugars, and fat. What are the lowest- and highest-calorie items on each menu? Have each student prepare a meal plan for one of the restaurants that identifies at least three different possibilities for a low-calorie meal.
2. Take a field trip to a fast food restaurant—many will give guided tours to groups. After the trip, have a discussion about how the food is prepared. Did the visit change your feelings about fast food? Are you more or less likely to eat at a fast food restaurant after taking a look behind the scenes?
3. How much fast food does this class eat and how does that compare to the national average? This project will require surveying the class to determine their fast food eating habits. It also requires research to determine how much fast food people of similar age and demographics eat.
4. Construct a “Hall of Fame” and a “Hall of Shame” made of various foods offered by local fast food outlets. Base membership in either of the halls by the calorie and fat contents of the foods. For example, a candidate for the “Hall of Shame” might be a Double Whopper® with cheese at 1,070 calories and 70 grams of fat. A candidate for the “Hall of Fame” from the same restaurant might be the Grilled Chicken Baguette at 350 calories and only 5 grams of fat.

Fast Food Survival Guide

Fill-In-The-Blank

Fill in the blanks with the correct words from the bank at the bottom of the page.

Fast food restaurants fill a need in society—they save their customers' _____. But that comes with a price: many fast food menu items aren't very healthy. The biggest problems are high quantities of _____ and _____. Neither of these is a poison—in fact, we need them both to live. But the amounts in some fast food items go far beyond what we need into unhealthy levels of excess. _____ are the biggest source of sugar—a single 32-ounce serving contains 26 teaspoons. _____ and _____ are the source of a lot of fat. Another big problem is growing _____. The average size of a medium serving of fries has grown over one and a half ounces and 320 calories since 1990. Also, many chains offer large servings for only a few cents more than smaller ones. Customers think they're getting a _____, but they're really just getting more _____ than they need. One way to get a healthier meal is to avoid high-calorie dressings and _____. It's possible to eat healthy in a fast food restaurant, but you need to be an informed consumer and think before placing your order.

Word Bank:

bargain
calories
cheese
fat
frying oil
portions
sauces
soft drinks
sugar
time

Fast Food Survival Guide

Fill-In-The-Blank Answer Key

Fast food restaurants fill a need in society—they save their customers' [time](#). But that comes with a price: many fast food menu items aren't very healthy. The biggest problems are high quantities of [sugar](#) and [fat](#). Neither of these is a poison—in fact, we need them both to live. But the amounts in some fast food items go far beyond what we need into unhealthy levels of excess. [Soft drinks](#) are the biggest source of sugar—a single 32-ounce serving contains 26 teaspoons. [Frying oil](#) and [cheese](#) are the source of a lot of fat. Another big problem is growing [portions](#). The average size of a medium serving of fries has grown over one and a half ounces and 320 calories since 1990. Also, many chains offer large servings for only a few cents more than smaller ones. Customers think they're getting a [bargain](#), but they're really just getting more [calories](#) than they need. One way to get a healthier meal is to avoid high-calorie dressings and [sauces](#). It's possible to eat healthy in a fast food restaurant, but you need to be an informed consumer and think before placing your order.

Fast Food Survival Guide

Multiple Choice Worksheet

Circle the best available answer for each of the following:

- 1) Soft drinks are full of “empty calories” because they contain huge quantities of:
 - a) fat
 - b) sugar
 - c) protein
 - d) portions
- 2) Fast food restaurants serve an important function in society because they save people:
 - a) time
 - b) calories
 - c) fat
 - d) convenience
- 3) The average American family now spends almost _____ of their food budget outside the home.
 - a) 25%
 - b) 50%
 - c) 66%
 - d) 75%
- 4) It's better to choose a menu item that is:
 - a) fried
 - b) baked
 - c) more expensive
 - d) advertised on television
- 5) Fast food restaurants are required by law to:
 - a) charge a tax on unhealthy foods
 - b) warn customers about the health risks of a high-calorie diet
 - c) make nutritional information available to customers
 - d) serve customers in under five minutes
- 6) The average woman age 19-50 needs about this many calories a day.
 - a) 1,500
 - b) 1,900
 - c) 2,200
 - d) 2,900
- 7) This was once considered optional, but it's included in many fast food meals by default:
 - a) mayonnaise
 - b) cheese
 - c) french fries
 - d) all of the above
- 8) One simple rule for fast food ordering is that the more _____ something has, the more calories it probably has.
 - a) ingredients
 - b) weight
 - c) grilled chicken
 - d) lettuce
- 9) The average American gained 10 to 15 pounds in the last 20 years. Gaining that much weight could mean as little as:
 - a) one serving of fries a week
 - b) one extra soft drink a day
 - c) three hamburgers a day
 - d) two servings of fries a week
- 10) The NAICS classifies fast food restaurants based on:
 - a) how quickly customers are served
 - b) the nutritional value of the food
 - c) the size of the menu
 - d) when customers pay

Fast Food Survival Guide

Multiple Choice Worksheet Answer Key

Circle the best available answer for each of the following:

- 1) Soft drinks are full of “empty calories” because they contain huge quantities of:
- a) fat
 - b) sugar**
 - c) protein
 - d) all of the above
- 2) Fast food restaurants serve an important function in society because they save people:
- a) time**
 - b) calories
 - c) fat
 - d) convenience
- 3) The average American family now spends almost _____ of their food budget outside the home.
- a) 25%
 - b) 50%**
 - c) 66%
 - d) 75%
- 4) It's better to choose a menu item that is:
- a) fried
 - b) baked**
 - c) more expensive
 - d) advertised on television
- 5) Fast food restaurants are required by law to:
- a) charge a tax on unhealthy foods
 - b) warn customers about the health risks of a high-calorie diet
 - c) make nutritional information available to customers**
 - d) serve customers in under five minutes
- 6) The average woman age 19-50 needs about this many calories a day.
- a) 1,500
 - b) 1,900
 - c) 2,200**
 - d) 2,900
- 7) This was once considered optional, but it's included in many fast food meals by default:
- a) mayonnaise
 - b) cheese
 - c) french fries
 - d) all of the above**
- 8) One simple rule for fast food ordering is that the more _____ something has, the more calories it probably has.
- a) ingredients**
 - b) weight
 - c) grilled chicken
 - d) lettuce
- 9) The average American gained 10 to 15 pounds in the last 20 years. Gaining that much weight could mean as little as:
- a) one serving of fries a week
 - b) one extra soft drink a day**
 - c) three hamburgers a day
 - d) all of the above
- 10) The NAICS classifies fast food restaurants based on:
- a) how quickly customers are served
 - b) the nutritional value of the food
 - c) the size of the menu
 - d) when customers pay**

Fast Food Survival Guide

Quiz

Match the words in the first column to the best available answer in the second column.

- | | | |
|-------|--|---------------|
| _____ | The average male aged 19-50 should get this many calories a day. | 1) fat |
| _____ | A 32-ounce soft drink contains this many teaspoons of sugar. | 2) 1954 |
| _____ | French fries are high in calories because they absorb cooking oil, which is _____ in liquid form. | 3) mayonnaise |
| _____ | For fast food restaurants, bigger portions mean more profits. For the customer, bigger portions mean more _____. | 4) 2900 |
| _____ | A slice of cheese adds this many calories to a hamburger. | 5) 26 |
| _____ | Ray Kroc first visited the McDonald brother's drive-in restaurant in this year. | 6) 100 |
| _____ | _____based sauces aren't necessary for a tasty sandwich, but they add a lot of calories. | 7) calories |
| _____ | A baked potato is probably lower in calories than an order of fries, even though it has greater _____. | 8) weight |

Fast Food Survival Guide

Quiz Answer Key

Match the words in the first column to the best available answer in the second column.

- 4) 2900 The average male aged 19-50 should get this many calories a day.
- 5) 26 A 32-ounce soft drink contains this many teaspoons of sugar.
- 1) fat French fries are high in calories because they absorb cooking oil, which is _____ in liquid form.
- 7) calories For fast food restaurants, bigger portions mean more profits. For the customer, bigger portions mean more _____.
- 6) 100 A slice of cheese adds this many calories to a hamburger.
- 2) 1954 Ray Kroc first visited the McDonald brother's drive-in restaurant in this year.
- 3) mayonnaise _____-based sauces aren't necessary for a tasty sandwich, but they add a lot of calories.
- 8) weight A baked potato is probably lower in calories than an order of fries, even though it has greater _____.

Additional Information

Chart #1

Percentage Of Food Budget Spent At Home And Away From Home, 1869-2000

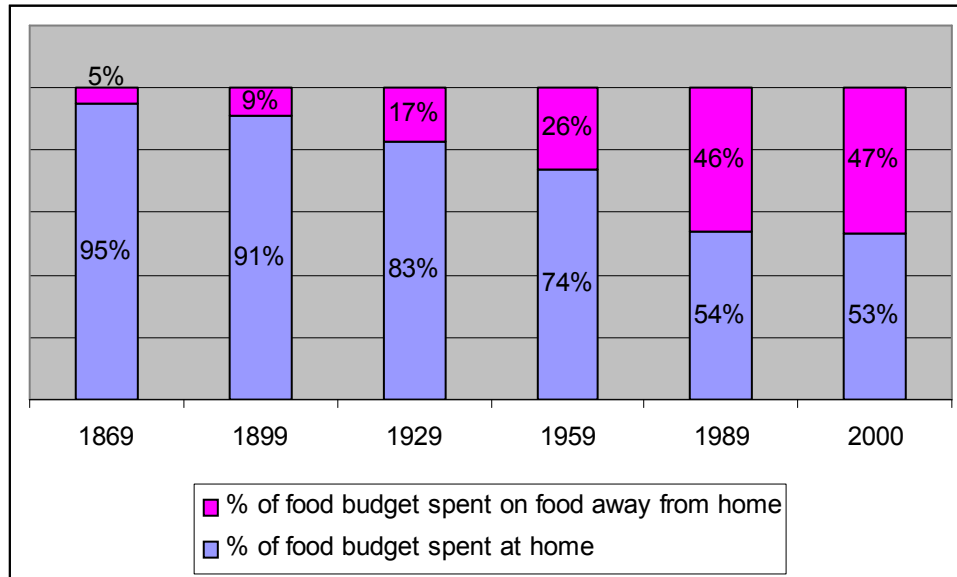


Chart #2

Recommended Daily Intake Of Calories And Fat

AGE	WOMEN AGE 19-50	WOMEN AGE 50+	MEN AGE 19-50	MEN AGE 50+
Calories	2,200	1,900	2,900	2,300
Fat (grams)	73	63	97	77

For More Information...

Print Resources

The NutriBase Guide to Fast Food Nutrition. New York: Avery, 2001.

This no-nonsense guide, assembled by the makers of a diet-tracking computer program, includes nutritional information for 65 fast food chains.

Eric Schlosser, *Fast Food Nation: The Dark Side of the All-American Meal.* Boston: Houghton-Mifflin, 2001.

This controversial bestseller makes a strong case against fast food. Schlosser turns a critical eye to every aspect of the industry, from the farm to the drive-through window.

Sinatra, Stephen. *The Fast Food Diet: Lose Weight and Feel Great Even If You're Too Busy to Eat Right.* Hoboken, New Jersey: John Wiley, 2006.

This diet book gives detailed advice on how to get the healthiest foods at a fast food restaurant.

Evelyn Tribole, *Eating on the Run.* Champaign, Illinois: Human Kinetics Press, 2004.

Tribole, a nutrition therapist, gives you all the tools you need to make smart nutritional decisions without giving up flavor. The book is all about how to eat well despite a hectic schedule.

Hope S. Warshaw, *Eat Out, Eat Right! A Guide to Healthier Restaurant Eating.* Chicago: Agate Surrey, 2008.

This book explores menu options at fourteen kinds of restaurants, including fast food, Mexican, Italian, Thai, salad bars, and "fast casual" chain restaurants. Includes sample menus and nutritional data for many major chains.

Online Resources

Fast Food: Ads vs. Reality <http://www.thewvsr.com/adsvsreality.htm>

This clever website offers side-by-side pictures of fast food items as they're advertised on TV and as they're actually served in the restaurant. A vivid illustration of the nature of advertising.

FastFood.com Calorie Guide <http://www.fastfood.com/Nutrition/>

Easily-accessible and easy-to-read nutritional data for the menus of 25 fast food chains.

Healthy Fast Food: Guide to Healthy Fast Food Eating
http://www.helpguide.org/life/fast_food_nutrition.htm

A helpful guide to making healthy decisions at the fast food counter. Includes helpful lists of the most and least healthy fast food items.