

AHS 201

Best/Worst Fast Food Items Assignment

The purpose of this assignment is for students to evaluate the nutritional value of common fast food items by creating healthy and unhealthy daily meal plans. Students will work in groups of four to complete the assignment. The healthy meal plan should consist of 2,000 calories and fall within the Acceptable Macronutrient Distribution Ranges. The unhealthy meal plan can consist of as many calories as possible. The assignment must be completed using the template located on Blackboard.

1. Using only fast food items create a healthy and unhealthy meal plan for one day while following these guidelines:

- Include Breakfast **(16 points)**

- Entrée/main dish
- 2 sides
- Drink

- Include Lunch **(18 points)**

- Entrée/main dish
- 2 sides
- Drink
- Dessert

- Include Dinner **(18 points)**

- Entrée/main dish
- 2 sides
- Drink
- Dessert

1. For each *meal* and *day* calculate the following: **(40 points)**

- Total grams of fat

- Total kcal from fat
- Total grams of carbohydrate
- Total kcal from carbohydrate
- Total grams of protein
- Total kcal from protein
- Total mg of sodium
- Total mg of cholesterol
- Total grams of fiber
- Total Calories

2. Compare the following to the recommended norms for both the healthy and unhealthy meals: **(18 points)**

- %fat/day
- %carbohydrate/day
- %protein/day
- Sodium (mg)
- Cholesterol (mg)
- Fiber (g)

3. In two separate paragraphs **explain** why your meals are the best and worst. You can use any of the above information to make your case. Each paragraph must be a **minimum of 250 words**. **(15 points each)**

4. Submit project **(5 points)**

- Project must be submitted via Blackboard in the provided template.
- No late assignments will be accepted.