



Name _____

Hour _____

Video Worksheet

Directions: Answer the following questions as you watch the video “Portion Size Me, Too.”

- Name three things considered in this segment:
 - _____
 - _____
 - _____
- Why didn't Ellen get the same amount as Aaron when they ordered the same thing?
- Who should determine portion size?
 - The fast-food industry
 - The consumer
- What factors contribute to how many calories you should consume each day?
 - Weight
 - Height
 - Age
 - Gender
 - Activity level
- What is a simple way to lose weight?
- Name three tips to remember when eating fast food:
 - _____
 - _____
 - _____

7. What does the fast-food industry say about offering healthy choices?
 - a. When there are healthy options, consumers always buy them.
 - b. Customers do not take advantage of healthy options when they are offered.
 - c. Consumers want smaller portions.

8. When ordering a salad, what can double the calories?

9. Which taco is healthier, a soft or hard shell?

10. Are chicken and fish always better than beef?

11. Which fast-food restaurant allows you to choose your side in a value meal?

12. How should healthy choices be determined when nutrition information is not available?
 - a. Avoid fried foods and extra sauces.
 - b. Choose a value meal.





Video Worksheet Answer Key

Directions: Answer the following questions as you watch the video “Portion Size Me, Too.”

- Name three things considered in this segment:
 - Who should determine portion size.** _____
 - How portion size should be determined.** _____
 - Making healthy choices at fast food restaurants.** _____
- Why didn't Ellen get the same amount as Aaron when they ordered the same thing?
They each got their proper portion.
- Who should determine portion size?
 - The fast-food industry
 - The consumer**
- What factors contribute to how many calories you should consume each day?
 - Weight**
 - Height
 - Age
 - Gender
 - Activity level
- What is a simple way to lose weight?
Choose smaller portions.
- Name three tips to remember when eating fast food:
 - Don't think about the best value.** _____
 - Choose small portion sizes.** _____
 - Don't add all of the extras.** _____

7. What does the fast food industry say about offering healthy choices?

a. When there are healthy options, consumers always buy them.

b. Customers do not take advantage of healthy options when they are offered.

c. Consumers want smaller portions.

8. When ordering a salad, what can double the calories?

The dressing

9. Which taco is healthier, a soft or hard shell?

Soft

10. Are chicken and fish always better than beef?

No

11. Which fast-food restaurant allows you to choose your side in a value meal?

Wendy's

12. How should healthy choices be determined when nutrition information is not available?

a. Avoid fried foods and extra sauces.

b. Choose a value meal.





Name _____

Hour _____

Test (Grades 7-9)

- Who should determine portion size in the fast food industry?
 - The individual
 - Fast-food restaurants
- Why did the individual who ordered the combo only get three fries?
 - The server was rude.
 - That was the right portion for him.
 - They were out of fries.
- Why did Aaron get the whole burger and fries while Ellen only got part of her order?
 - The server did not like Ellen.
 - Aaron ordered first.
 - Aaron and Ellen each received their proper portion.
- What is the industry's role in providing the proper portion for consumers?
 - Fast-food servers should estimate customer's height, weight, and activity level to determine the proper portion.
 - Fast food restaurants should provide several sizes and menu options for customers to choose the best option for themselves.
- How do you determine the proper portion for yourself?
 - Only eat at restaurants with body scanners that will determine the proper portion for you.
 - Determine your calorie needs based on your height, weight, age, gender, and activity level.
 - You do not need to know your proper portion; the fast-food industry will determine it for you.
- Rank the following individuals according to calorie needs, with 1 needing the most calories per day and 3 needing the least.
 - ___ a small child
 - ___ a very active adult male
 - ___ a petite female

7. How should you determine how many calories to eat at each meal?
- Eat until you are full.
 - Eat a combo meal from a fast-food restaurant, as they know how many calories you need at each meal.
 - Determine how many calories you need each day, and divide that number by the number of meals you are going to consume that day.

8. What is an easy way to lose weight?
- Eat fast food for 30 days.
 - Calculate how many calories you need each day, and keep in-depth records of how many calories you consume.
 - Eat smaller portions than you normally consume.



9. You should order a value meal at a fast-food restaurant to save money, regardless if it is too much food or not. True or False
10. The money saved by ordering a value meal instead of a healthier meal is not worth the extra calories that could cause you to gain weight. True or False
11. What can increase calories in a baked potato, salad, or sandwich?
- Adding several vegetables instead of sauce.
 - Eating the item plain.
 - Adding extras such as cheese sauce, dressing, or mayonnaise.
12. What does the fast-food industry say about offering healthy options?
- Fast-food restaurants offer healthy options, but customers do not purchase them.
 - Consumers love them and do not order burgers and fries when healthy options are available.
 - Salads outsell burgers and fries.
13. Customers want larger portions today than the original portions that were offered when fast-food restaurants began. True or False
14. Which is a better option?
- A fried chicken sandwich, large fries, and a large drink.
 - A grilled chicken sandwich, small fries, and a small drink.

15. How can you decrease the amount of calories in a salad?
- a. Eat half of the salad with all of the dressing.
 - b. Leave off the veggies, and add croutons and bacon bits.
 - c. Leave the dressing on the side, and lightly dip each bite of salad in the dressing.

16. A fried taco has less fat and calories than a soft shell taco. True or False

17. Why is a taco salad from Taco Bell not a good choice?

- a. Too many vegetables
- b. Fried shell increases fat and calories.
- c. Too much lettuce

18. What has fewer calories at McDonald's?

- a. A traditional hamburger
- b. A grilled chicken sandwich
- c. A filet-of-fish sandwich



19. What can double the calories in a salad?

- a. Choosing grilled meat instead of fried.
- b. Adding all of the dressing.
- c. Adding more vegetables instead of meat.

20. Would a large shake fit into a small female's calorie needs? Yes or No

21. Which restaurant offers smaller shakes?

- a. McDonald's
- b. Wendy's

22. Which restaurant allows you to choose a salad as a side?

- a. Taco Bell
- b. Wendy's
- c. McDonald's

23. How can you have a healthy meal at Kentucky Fried Chicken?
- Ask for extra breading on your chicken, and eat several biscuits.
 - Take the breading off your chicken, and order vegetables as your sides.
24. What side is a better option at Arby's?
- Potato cakes
 - Mozzarella sticks
 - Fries
25. What sandwich has fewer calories at Arby's?
- Market Fresh Roast Ham and Swiss
 - Big Montana Roast Beef Sandwich
26. How do you make healthy choices at restaurants that do not have nutritional information?
- Choose fried instead of grilled.
 - Watch mayonnaise and sauces on sandwiches.
 - Always order fries.
27. What is not a consideration when making healthy choices?
- Limit your intake to just fast food.
 - Watch add-ins such as sauces, dressings, and cheese.
 - Choose smaller portions to lose weight.
 - You have to make the choice to order healthy options.





Test Answer Key (Grades 7-9)

- Who should determine portion size in the fast food industry?
 - The individual**
 - Fast-food restaurants
- Why did the individual who ordered the combo only get three fries?
 - The server was rude.
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- What is the industry's role in providing the proper portion for consumers?
 - Fast-food servers should estimate customer's height, weight, and activity level to determine the proper portion.
 - Fast-food restaurants should provide several sizes and menu options for customers to choose the best option for themselves.**
- How do you determine the proper portion for yourself?
 - Only eat at restaurants with body scanners that will determine the proper portion for you.
 - Determine your calorie needs based on your height, weight, age, gender, and activity level.**
 - You do not need to know your proper portion; the fast-food industry will determine it for you.
- Rank the following individuals according to calorie needs, with 1 needing the most calories per day and 3 needing the least.
 - 3 a small child
 - 1 a very active adult male
 - 2 a petite female

7. How should you determine how many calories to eat at each meal?
- Eat until you are full.
 - Eat a combo meal from a fast-food restaurant, as they know how many calories you need at each meal.
 - Determine how many calories you need each day, and divide that number by the number of meals you are going to consume that day.**
8. What is an easy way to lose weight?
- Eat fast food for 30 days.
 - Calculate how many calories you need each day, and keep in-depth records of how many calories you consume.
 - Eat smaller portions than you normally consume.**
9. You should order a value meal at a fast food restaurant to save money, regardless if it is too much food or not. True or **False**
10. The money saved by ordering a value meal instead of a healthier meal is not worth the extra calories that could cause you to gain weight. **True** or False
11. What can increase calories in a baked potato, salad, or sandwich?
- Adding several vegetables instead of sauce.
 - Eating the item plain.
 - Adding extras such as cheese sauce, dressing, or mayonnaise.**
12. What does the fast-food industry say about offering healthy options?
- Fast-food restaurants offer healthy options, but customers do not purchase them.**
 - Consumers love them and do not order burgers and fries when healthy options are available.
 - Salads outsell burgers and fries.
13. Customers want larger portions today than the original portions that were offered when fast-food restaurants began. **True** or False
14. Which is a better option?
- A fried chicken sandwich, large fries, and a large drink.
 - A grilled chicken sandwich, small fries, and a small drink.**



15. How can you decrease the amount of calories in a salad?
- a. Eat half of the salad with all of the dressing.
 - b. Leave off the veggies, and add croutons and bacon bits.
 - c. Leave the dressing on the side, and lightly dip each bite of salad in the dressing.**

16. A fried taco has less fat and calories than a soft shell taco. True or **False**

17. Why is a taco salad from Taco Bell not a good choice?

- a. Too many vegetables
- b. Fried shell increases fat and calories.**
- c. Too much lettuce

18. What has fewer calories at McDonald's?

- a. A traditional hamburger**
- b. A grilled chicken sandwich
- c. A filet-of-fish sandwich



19. What can double the calories in a salad?

- a. Choosing grilled meat instead of fried.
- b. Adding all of the dressing.**
- c. Adding more vegetables instead of meat.

20. Would a large shake fit into a small female's calorie needs? Yes or **No**

21. Which restaurant offers smaller shakes?

- a. McDonald's
- b. Wendy's**

22. Which restaurant allows you to choose a salad as a side?

- a. Taco Bell
- b. Wendy's**
- c. McDonald's

23. How can you have a healthy meal at Kentucky Fried Chicken?
- a. Ask for extra breading on your chicken, and eat several biscuits.
 - b. Take the breading off your chicken, and order vegetables as your sides.**
24. What side is a better option at Arby's?
- a. Potato cakes**
 - b. Mozzarella sticks
 - c. Fries
25. What sandwich has fewer calories at Arby's?
- a. Market Fresh Roast Ham and Swiss
 - b. Big Montana Roast Beef Sandwich**
26. How do you make healthy choices at restaurants that do not have nutritional information?
- a. Choose fried instead of grilled.
 - b. Watch mayonnaise and sauces on sandwiches.**
 - c. Always order fries.
27. What is not a consideration when making healthy choices?
- a. Limit your intake to just fast food.**
 - b. Watch add-ins such as sauces, dressings, and cheese.
 - c. Choose smaller portions to lose weight.
 - d. You have to make the choice to order healthy options.





Name _____

Hour _____

Test (Grades 9-12)

1. Who should determine portion size in the fast-food industry?

2. Why did the individual who ordered the combo only get three fries?

3. Why did Aaron get the whole burger and fries while Ellen only got part of her order?

4. List three things to consider when making healthy choices:
 - a. _____
 - b. _____
 - c. _____

Multiple Choice

5. What is the industry's role in providing the proper portion for consumers?
 - a. Fast-food servers should estimate customer's height, weight, and activity level to determine the proper portion.
 - b. Fast-food restaurants should provide several sizes and menu options for customers to choose the best option for themselves.
6. How do you determine the proper portion for yourself?
 - a. Determine your calorie needs based on your height, weight, age, gender, and activity level.
 - b. Only eat at restaurants with body scanners that will determine the proper portion for you.
 - c. You do not need to know your proper portion; the fast-food industry will determine it for you.

7. How should you determine how many calories to eat at each meal?
 - a. Eat until you are full.
 - b. Eat a combo meal from a fast-food restaurant, as they know how many calories you need at each meal.
 - c. Determine how many calories you need each day, and divide that number by the number of meals you are going to consume that day.

8. What is an easy way to lose weight?
 - a. Eat fast food for 30 days.
 - b. Calculate how many calories you need each day, and keep in-depth records of how many calories you consume.
 - c. Eat smaller portions than you normally consume.

9. What can increase calories in a baked potato, salad, or sandwich?
 - a. Adding several vegetables instead of sauce.
 - b. Eating the item plain.
 - c. Adding extras such as cheese sauce, dressing, or mayonnaise.

10. What does the fast-food industry say about offering healthy options?
 - a. Fast-food restaurants offer healthy options, but customers do not purchase them.
 - b. Consumers love them and do not order burgers and fries when healthy options are available.
 - c. Salads outsell burgers and fries.

11. Which is a better option?
 - a. A fried chicken sandwich, large fries, and a large drink
 - b. A grilled chicken sandwich, small fries, and a small drink

12. How can you decrease the amount of calories in a salad?
 - a. Eat half of the salad with all of the dressing.
 - b. Leave off the veggies, and add croutons and bacon bits.
 - c. Leave the dressing on the side, and lightly dip each bite of salad in the dressing.

13. Why is a taco salad from Taco Bell not a good choice?
 - a. Too many vegetables
 - b. Fried shell increases fat and calories.
 - c. Too much lettuce



14. What has fewer calories at McDonald's?

- a. A traditional hamburger
- b. A grilled chicken sandwich
- c. A filet-of-fish sandwich

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21. How do you make healthy choices at restaurants that do not have nutritional information?

- a. Choose fried instead of grilled.
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Ranking

22. Rank the following individuals according to calorie needs, with 1 needing the most calories per day and 3 needing the least:
- ___ a small child
 - ___ a very active adult male
 - ___ a petite female
23. Rank the following foods according to calories, with 1 having the most calories and 3 having the least:
- ___ a large shake
 - ___ a side salad with light dressing
 - ___ a double cheeseburger

True or False

24. You should order a value meal at a fast-food restaurant to save money, regardless if it is too much food or not.
True or False
25. Customers want larger portions today than the original portions that were offered when fast-food restaurants began. True or False
26. A fried taco has less fat and calories than a soft shell taco. True or False
27. A large shake is too many calories for a small female. True or False
28. The money saved by ordering a value meal instead of a healthier meal is not worth the extra calories that could cause you to gain weight. True or False





Test Answer Key (Grades 9-12)

1. Who should determine portion size in the fast food industry?
The individual
2. Why did the individual who ordered the combo only get three fries?
That was the right portion for him.
3. Why did Aaron get the whole burger and fries while Ellen only got part of her order?
They each received their proper portion.
4. List three things to consider when making healthy choices:
 - a. Watch add-ins such as sauces, dressings, and cheese.
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Multiple Choice

5. What is the industry's role in providing the proper portion for consumers?
 - a. Fast-food servers should estimate customer's height, weight, and activity level to determine the proper portion.
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8. What is an easy way to lose weight?
- Eat fast food for 30 days.
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9. What can increase calories in a baked potato, salad, or sandwich?
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13. Why is a taco salad from Taco Bell not a good choice?
- Too many vegetables
 - Fried shell increases fat and calories.**
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14. What has fewer calories at McDonald's?

- a. **A traditional hamburger**
- b. A grilled chicken sandwich
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15. What can double the calories in a salad?

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16. Which restaurant offers smaller shakes?

- a. McDonald's
- b. **Wendy's**

17. Which restaurant allows you to choose a salad as a side?

- a. Taco Bell
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19. What side is a better option at Arby's?

- a. **Potato cakes**
- b. Mozzarella sticks
- c. Fries

20. What sandwich has fewer calories at Arby's?

- a. Market Fresh Roast Ham and Swiss
- b. **Big Montana Roast Beef Sandwich**

21. How do you make healthy choices at restaurants that do not have nutritional information?

- a. Choose fried instead of grilled.
- b. **Watch mayonnaise and sauces on sandwiches.**
- c. Always order fries.

Ranking

22. Rank the following individuals according to calorie needs, with 1 needing the most calories per day and 3 needing the least:
- 3 a small child
 - 1 a very active adult male
 - 2 a petite female
23. Rank the following foods according to calories, with 1 having the most calories and 3 having the least:
- 1 a large shake
 - 3 a side salad with light dressing
 - 2 a double cheeseburger

True or False

24. You should order a value meal at a fast food restaurant to save money, regardless if it is too much food or not. True or **False**
25. Customers want larger portions today than the original portions that were offered when fast food restaurants began. **True** or False
26. A fried taco has less fat and calories than a soft shell taco. True or **False**
27. A large shake is too many calories for a small female. **True** or False
28. The money saved by ordering a value meal instead of a healthier meal is not worth the extra calories that could cause you to gain weight. **True** or False





What Should I Order?

When eating fast food, it is hard to determine what menu options are healthier, and it is even harder to make the decision to order those healthy options. Knowing which fast foods are healthier before going to the fast-food restaurant will help you to be able to choose healthy menu options. The following selections are ranked in order from better to worse.

	Sandwich	Calories	Fat (g)	Cholesterol
1	McDonald's® Hamburger	260	9	30
2	Subway® Roast Beef Sandwich	290	5	20
3	Taco Bell® Ranchero Chicken Soft Taco	270	14	35
4	Wendy's® Ultimate Chicken Grill Sandwich	360	7	75
5	KFC Tender Roast Sandwich	390	19	70
6	Dairy Queen® Crispy Chicken Sandwich	590	34	40
7	Arby's® Market Fresh Roast Ham and Swiss	700	31	85
8	Hardee's® ½ lb. Six Dollar Burger	1,060	72	150
Side Items				
1	KFC Green Beans	50	1.5	5
2	Wendy's® Fresh Fruit Cup	80	0	0
3	McDonald's® Medium French Fries	350	16	0
Salads (without dressing)				
1	Subway® Grilled Chicken and Baby Spinach Salad	140	3	50
2	McDonald's® Caesar Salad with Grilled Chicken	200	6	70
3	Arby's® Martha's Vineyard Salad	250	8	60
4	Wendy's® Chicken BLT Salad	330	18	105
5	Taco Bell® Fiesta Taco Salad	870	47	65
Drink				
1	McDonald's® 1% Lowfat Milk	100	2.5	10
2	Large Soda	300	0	0
3	Hardee's® Regular Chocolate Shake- Soft Serve	710	7	20
Dessert				
1	Wendy's® Junior Frosty	160	4	15
2	Taco Bell® Cinnamon Twists	160	5	0
3	Arby's® Apple Turnover with Icing	380	11.5	0
4	McDonald's® Oreo® McFlurry	560	16	50



Assignment

Visit <http://www.nat.uiuc.edu/energy/ec.html> and enter your weight, height in inches, age, gender, and activity level to determine your calorie needs per day. Divide that number by 3 to determine the amount of calories you should consume per day.

Now enter 160 pounds, 67 inches, 50 years old, and male into the energy calculator. Determine how many calories would be needed for the following activity levels:

- 8 hours resting, 8 hours inactive, 8 hours very light activity _____
- 8 hours resting, 6 hours inactive, 8 hours very light activity, 2 hours light exercise _____
- 8 hours resting, 6 hours inactive, 8 hours very light activity, 2 hours moderate exercise _____
- 8 hours resting, 6 hours inactive, 8 hours very light activity, 2 hours heavy activity _____

Obtain nutritional information from three of the following fast food restaurants, either by asking for a brochure at the restaurant or by downloading the information from the restaurant's website. Read through the information from each restaurant to better identify low calorie, low fat options.

- Taco Bell: www.tacobell.com
- Wendy's: www.wendys.com
- Arby's: www.arbys.com
- McDonald's: www.mcdonalds.com
- KFC: www.kfc.com
- Pizza Hut: www.pizzahut.com
- Dairy Queen: <http://www.dairyqueen.com>
- Hardee's: www.hardees.com

Now that you know how many calories you need each day and at each meal, plan a day of menus from your favorite fast food restaurants. Keep in mind calories, fat, and variety when choosing your options. Report the number of calories and fat calories for each menu selection, a total for each meal, and a total for the entire day. Calculate the percentage of calories from fat for the entire day. Remember that calories from fat should be kept to less than 30% per day.