**Nutrition Awareness/BMI Project**

1. Use the website [www.thedailyplate.com](http://www.thedailyplate.com) to determine your calorie goal
2. My recommended # of calories per day are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. No more than 30% of your daily calories should come from fat. What is 30% of your daily recommended calories? \_\_\_\_\_\_\_\_\_\_\_\_\_
4. Use the nutritiondata.com website to determine how many calories are in fast food items commonly eaten by teenagers throughout the day.
   1. Mc Donalds: pancakes (fast food); sausage biscuit with egg (breakfast); milk (2%, 1 c.); orange juice (12 oz.)
   2. Burger King: double whopper w/ cheese; medium fries; coca cola (value order size)
   3. Taco Bell: Nachos bellgrande; cinnamon twists; chalupa supreme beef; sprite (Del Taco)

**McDonalds**

|  |  |  |
| --- | --- | --- |
| **Food Item** | **Calories** | **Calories from fat** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Burger King**

|  |  |  |
| --- | --- | --- |
| **Food Item** | **Calories** | **Calories from fat** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Taco Bell**

|  |  |  |
| --- | --- | --- |
| **Food Item** | **Calories** | **Calories from fat** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

1. Add the **calories from fat** from your 3 meals. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Is this number below the 30% allowed per day?\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. What food items offered at the three locations would have had lower calories and calories from fat numbers? List at least 3

**BMI activity**

1. Use the nutritiondata.com website to determine your BMI
2. My BMI is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Is your BMI within the healthy range? \_\_\_\_\_\_\_
4. If a person’s BMI is not in the healthy range, what corrective action can they take?