

Fast Food Makeover

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Learn

1. Watch the Fast Food Makeover [PowerPoint](#)
2. Watch the video “[Eat Anything You Want With This One Secret.](#)”
While you are watching it, think about your present cooking/eating habits.

Practice

3. Decide which Fast Food you want to make more nutritious.
4. Look up the nutrition information for that food. You can either go directly to the restaurant's website or use the following link to find that restaurant:
<https://fastfoodnutrition.org/fast-food-restaurants>
Here are some ideas to get you started: Baked Potato, Cheeseburgers, Mozzarella Sticks, Potato Skins, Nachos, Quesadillas, Tacos, Burritos, Pizza, Onion Rings, or Macaroni and Cheese.
5. Task: Recreate a fast food item making it healthier than the original.
 1. Look up the nutritional information of your fast food item.
 2. Decide how you can make over that fast food item to add nutrition, lower fat, calories, and sodium.
 3. Recreate the dish!
 4. Determine the new [food label](#).

Extended Learning #1: [Example](#)

Create a slideshow showing the comparison of both food items. You want to include the comparison of calories, fat, sodium, protein, and carbohydrates.

Extended Learning #2: [Fast Food Nutrition Quiz](#)

Extended Learning #3: [Effects of Fast Food Article](#)