

Fast Food Worksheet

Meal #1

Write the number of fat grams for each item in the first meal you choose:

Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____

Add fat grams to find your total for Meal #1: _____

Meal #2

Write the number of fat grams for each item in the second meal you choose:

Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____
Item _____	Fat grams _____

Add fat grams to find your total for Meal #2: _____

To find out how much you were able to reduce the amount of fat in your fast food meal, subtract the total fat grams in Meal #2 from the total fat grams in Meal #1:

$$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Fat in Meal #2) (Fat in Meal #1) (Total fat grams I reduced)

