**GRADE 7/8 NUTRITION ASSIGNMENT**

Research and analyze nutritional information of fast food restaurants and create a 1 page analysis of your findings.

1. Create a title for your analysis. Be Creative!!! **( 2 mark)**
2. Choose 4 different fast food restaurants and decide what food item or meal you will be comparing. **(20 marks**)

In a chart form (you may use excel spreadsheets), you must include the number of calories, fat, carbohydrates, sodium, cholesterol and protein is found in each item or meal from each fast food restaurant.

1. Create a graph to show the comparison between calories, fat, carbs, sodium, cholesterol and protein. **(5 marks)**
2. Include a paragraph answering the following 4 questions:
3. What does your graph measure? **(1 mark)**
4. State a conclusion based on the data you graphed. **(2 marks)**
5. Why did you pick these food choices to measure? **(1 mark)**
6. What did you learn about fast food? **(2 marks)**
7. Add clip art and/or pictures to your analysis. **(2 marks)**