

## Fast Food Restaurants Nutritional Values:

Log in:

1. Type in this address into the address bar:

<http://www.nistn.com/nutritionallinks.php>

2. Look at the list of restaurants, click on one of them and then look at their website.

3. You need to **print off at least 3 nutritional information sheets** (calories, fat, etc.)

4. Look through all of your restaurants nutritional values and....

- a. Type a 1 page report (single space) on what you found (14 font.)
- b. Which restaurants food is healthy for you and why
- c. What your opinion is on all of the restaurant nutritional value.