

McCentives

Standard

Numbers and Operations—Compute fluently, and make reasonable estimates.

Strategy

Structured project

Objective

Students will perform calculations to discover the percentage of daily calories in fast foods.

Materials

Fast Food Figures reproducible
calculators

Students today are inundated with marketing for fast food. With the ever-increasing pace of their families' lives, they are probably eating fast food more than they should. This activity will motivate students to think more carefully about what they order the next time they eat at a fast food restaurant.

1. To prepare for the activity, give students the following information:
 - Boys ages seven to ten require an average of 1,970 calories per day, while girls in the same age range require 1,740 calories.
 - Boys ages eleven to fourteen require an average of 2,220 calories per day, while girls in the same age range require 1,845 calories.

These numbers may seem high to students at first, until they learn that 20 chicken nuggets from McDonald's contain 1,009 calories! For example, for a hungry ten-year-old boy, one meal of 20 chicken nuggets alone equals 51% of his required daily calories.

2. Next, invite students to explore the caloric content of their favorite fast foods on the Internet, using the key words *calories* and *fast food*. This will direct them to Web sites that give specific information about foods from different fast food restaurants.
3. Tell students to calculate percentages of daily calories by dividing the total daily calories into the number of calories for a particular food and then multiplying that number by 100. For the chicken nuggets, divide 1,009 by 1,970, which equals .5121. Then multiply that number by 100 to get roughly 51%.

4. To get students started, go to the board, and list the caloric content of some well-known fast foods. Invite them to use the **Fast Food Figures reproducible (page 19)** to organize the information. Encourage students to compute manually. Provide calculators for additional practice.

Name _____ Date _____

Fast Food Figures

Directions: Use the chart to compare the calories in each food to the recommended daily calories.

Daily Calories Needed:		Boys	Girls
Ages 7 to 10		1,970	1,740
Ages 11 to 14		2,200	1,845

Food Item	Restaurant	Calories	% of Daily Needs

Using these foods, put together a typical meal you might eat. Add the calories of each item, and calculate the total percentage of calories in the meal compared to the recommended daily calories.

Food Item	Calories	% of Daily Needs

Total Calories in Meal: _____ Total % of Daily Needs: _____

© 1998-2002 by The McGraw-Hill Companies

Fast Food Figures Page 19

McDonald's

- Bacon and Egg McMuffin (300 calories)
- Big Mac (490 calories)

Burger King

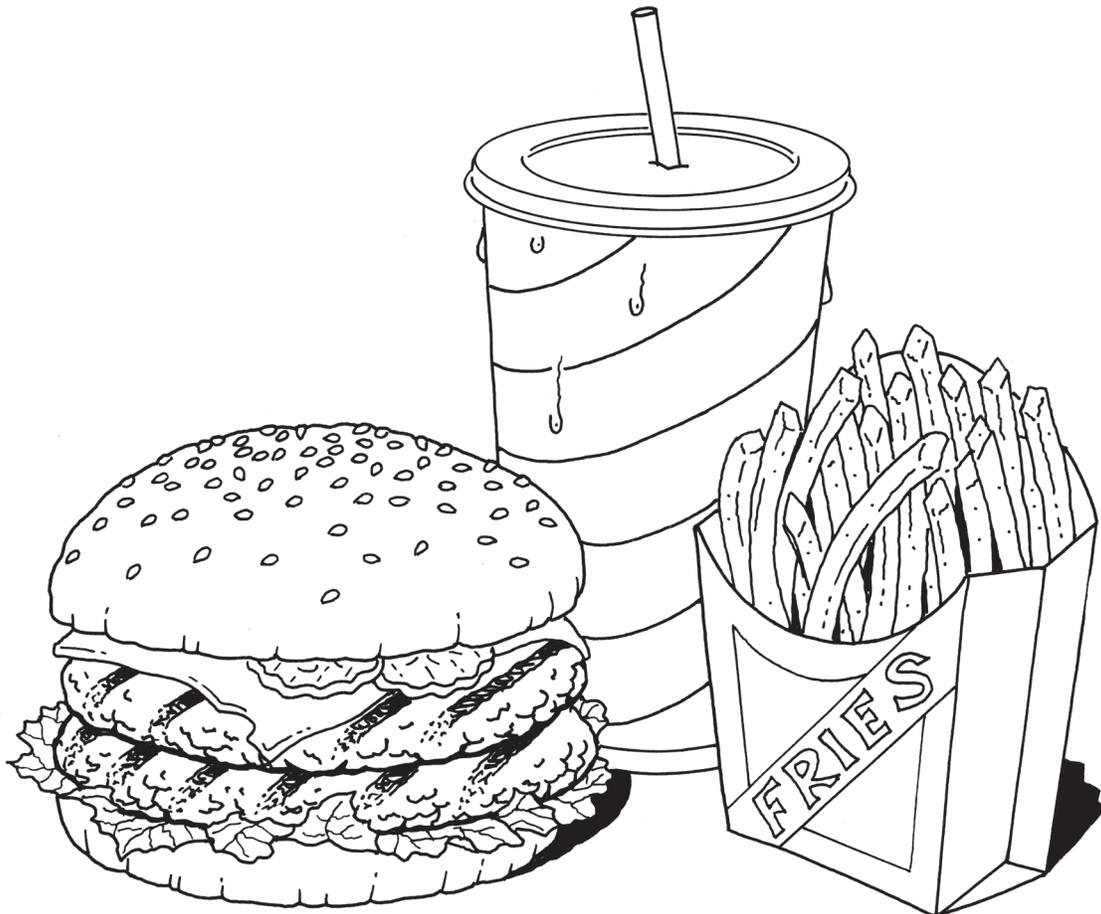
- Whopper (690 calories)
- Cheeseburger (367 calories)

Pizza Hut

- 1 piece stuffed crust cheese pizza (271 calories)

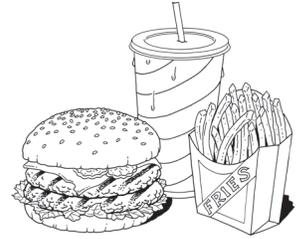
Ideas for More Differentiation

Challenge students with a high degree of mastery to determine what fraction of the total daily calories a food contains.



Fast Food Figures

Directions: Use the chart to compare the calories in each food to the recommended daily calories.



Daily Calories Needed:		Boys	Girls
Ages 7 to 10		1,970	1,740
Ages 11 to 14		2,220	1,845

Food Item	Restaurant	Calories	% of Daily Needs

Using these foods, put together a typical meal you might eat. Add the calories of each item, and calculate the total percentage of calories in the meal compared to the recommended daily calories.

Food Item	Calories	% of Daily Needs

Total Calories in Meal: _____ Total % of Daily Needs: _____