Fast Food Nutrition 1

Name: _____ Hour: 1 2 3 4 5 6 7 8

Your health teacher gives you an assignment that requires you to find out how healthy food is at your favorite fast food restaurants. You go to the websites of these restaurants and find out that they have all the information you are looking for. After looking at all the information, you decide that a spreadsheet would help you organize the information and help you decide how healthy the foods are.

~~Draw a line though each sentence~~ or use highlighter pen to ensure that you do not skip a step. You may also need the direction sheet from the previous assignment to remind you how to do some of the steps.

1. Open Excel and create a blank workbook. Save the file as "Fast Food Nutrition 1". Name Sheet 1 "Fast Food Nutrition".

2. Under PAGE LAYOUT – PAGE SETUP – *EXPAND* – PAGE tab, choose "Landscape".   This prints our assignment sideways on the paper. Now click on the Margins tab on the top of the dialog box and set your margins to 1" inch on all 4 sides of our paper. Find the Vertically and Horizontally checkmark boxes and put a checkmark in each box.   This centers our work on the piece of paper. Click on the "Header/Footer" tab on the top. Under "Header", change it from (none) to "Fast Food Nutrition" from the drop down list. Choose OK when ready.

3. Type the information below into the correct cells. Make the columns wide enough to fit the words and numbers. It is ok for your name to overlap into the next columns. Double check for spelling errors and that all the numbers are accurate.

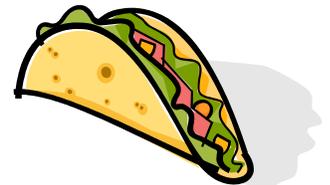|	A	B	C	D	E	F
1	<First & Last Name>'s Fast Food Nutrition					
2						
3	Restaurant	Item	Calories	Fat	Carbs	Weight
4	A&W	Papa Burger	720	42	46	288
5	Burger King	Whopper	760	22	51	269
6	KFC	Crunch Sandwich	470	23	38	213
7	McDonalds	Big Mac	540	29	45	214
8	Pizza Hut	Personal Supreme	750	37	71	325
9	Subway	Club Sandwich	720	8	50	346
10	Taco Bell	Steak Burrito	630	25	72	325
11	Wendy's	Baconator	840	51	35	276
12		Total	?	?	?	?

4. In cell C12, use the SUM formula to add up all the appropriate numbers above. Do the rest of the formulas that need to be done in the cells with question marks.

5. You decide to conduct a taste test, so you save and close the project and go to Burger King and buy a Whopper.

Fast Food Nutrition 2

1. You're back from Burger King, so you open "Fast Food Nutrition 1" and save it as "Fast Food Nutrition 2".

2. Select all the words in row 3 and center them in their cells. Turn on Bold as well.

3. Type the words in cells B14, B15 and B16.

	A	B	C	D	E	F
1	<First & Last Name>'s Fast Food Nutrition					
2						
3	Restaurant	Item	Calories	Fat	Carbs	Weight
4	A&W	Papa Burger	720	42	46	288
5	Burger King	Whopper	760	22	51	269
6	KFC	Crunch Sandwich	470	23	38	213
7	McDonalds	Big Mac	540	29	45	214
8	Pizza Hut	Personal Supreme	750	37	71	325
9	Subway	Club Sandwich	720	8	50	346
10	Taco Bell	Steak Burrito	630	25	72	325
11	Wendy's	Baconator	840	51	35	276
12		Total	?	?	?	?
13						
14		Biggest	?	?	?	?
15		Smallest	?	?	?	?
16		Average	?	?	?	?

4. Now, enter in the formulas that Mr. Larson will now teach you to figure the appropriate information. Only go from row 4 to row 11. Don't include the Total row in row 12!

5. You must now tell the Excel that you want two decimal places on the average row. Select all the numbers on the average row and click on HOME – NUMBER – *EXPAND* - NUMBER and make sure 2 decimal places have been chosen.

6. Select all the numbers in row 12. You want the Number Format with 0 decimal places and the thousand separator turned on (put a checkmark in the box).

7. You want all the words and numbers in row 12 to be bold.

8. Italicize the words "Biggest", "Smallest" and "Average". Don't italicize the answers, only the words.

9. Double check your columns and make them wider if you need to. Remember the rule you learned in class.

10. Your Burger King taste test results were inconclusive, so you save and close the project and go to Taco Bell for another taste test.

Fast Food Nutrition 3

1. Taco Bell was pretty good and you have enough energy to finish the project so you open "Fast Food Nutrition 2" and save it as "Fast Food Nutrition 3".

2. Insert two new columns between "Carbs" and "Weight". Click on column F in order to insert the columns. Turn your paper over and type the new items in columns F and G. Also type in all the new things in row 18 and 19. Adjust the width of the new columns.

3. Next, put in the new formulas you need in cells under "Protein" and "Sodium".

4. Select *all* the cells and change the font to Arial 12. Make your columns wider now.

5. Select cells A1 through H1. Go to HOME – ALIGNMENT – MERGE AND CENTER icon.

6. Click in cell A1 and turn on Bold and size 14. Select "Daily Allowance" and turn on Italic.

7. Make the words in row 18 Bold and Centered in their cells.

8. Make the numbers in row 19 have <u>0 decimals</u> and turn on the <u>thousand separator</u>.

9. Select column G and turn on the thousand separator and no decimal places as well. Next, click in cell G16 and turn on 2 decimal places.

10. You find two mistakes! The Subway sandwich has 420 calories and the Steak Burrito only has 30 grams of protein! Please change the numbers to the correct ones.

11. Turn on your Gridlines and Headings. Go to PAGE LAYOUT – SHEET OPTIONS. Put checkmarks in the Gridlines box and the Headings box.

12. Turn the paper to the back and answer the questions in the correct cells.

13. Click in cell A1 and then go to REVIEW – PROOFING - SPELLING.

14. Be sure to show Mr. Larson your formulas with the CTRL and ~ keys and after he sees your work, you may print your work. Fix any mistakes recycle all other papers with mistakes.

15. Before you turn in your assignment, write a paragraph on the back of the paper. Tell me how often your family eats out at restaurants, and also tell me if you think people should eat at fast food restaurants as much as they do, or, if they should stay home and cook healthier foods. What are some of the consequences if a person chooses to not make healthier choices?

16. Your done with your project so you save your project and close Excel.

	A	B	C	D	E	F	G	H
1			<First & Last Name>'s Fast Food Nutrition					
2								
3	**Restaurant**	**Item**	**Calories**	**Fat**	**Carbs**	**Protein**	**Sodium**	**Weight**
4	A&W	Papa Burger	720	42	46	41	1390	288
5	Burger King	Whopper	760	22	51	28	1020	269
6	KFC	Crunch Sandwich	470	23	38	27	1200	213
7	McDonalds	Big Mac	540	29	45	25	1040	214
8	Pizza Hut	Personal Supreme	750	37	71	34	2060	325
9	Subway	Club Sandwich	720	8	50	39	2080	346
10	Taco Bell	Steak Burrito	630	25	72	40	1930	325
11	Wendy's	Baconator	840	51	35	57	1920	276
12		**Total**	?	?	?	?	?	?
13								
14		Biggest	?	?	?	?	?	?
15		Smallest	?	?	?	?	?	?
16		Average	?	?	?	?	?	?
17								
18			Amount	Grams	Grams	Grams	Milligrams	Grams
19		Daily Allowance	2000	65	300	65	2400	N/A

Fast Food Nutrition Questions

Answer the following questions. They do not need to be in complete sentences.

1. A24 - Which one of these is the **least healthy** for you in terms of calories?
2. A25 - Which one of these is the **healthiest** for you in terms of calories?
3. A26 – Which one of these would buy if you went to lunch?
4. A27 – Would the calories, fat, etc change if you left off pickles, or added cheese?

Note: The nutritional information in this assignment is actual information gathered from their website.