

# FAST FOOD JEOPARDY!

## Fast Food Jeopardy® Online Worksheet

Do you know what's in your favorite fast food meals?  
Let's play Jeopardy!

- The nutrition teacher will tell you which restaurant(s) to work on.
- In your breakout rooms, your team will decide what the correct answer is for each clue.
- Have at least 1 team member fill out the sheet so you can report back to the class!



**Cooperating Agencies:** Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

# Restaurant #1: McDonald's®

**200 Calorie Points:** As Donkey from *Shrek* said, “everybody loves” these! This breakfast menu item has a ½ cup of dairy, plus some fruit and grains.

**400 Calorie Points:** You might choose to start your morning with this high protein breakfast item wrapped in a tortilla.

**600 Calorie Points:** You may think this popular side is a vegetable, but it has way too much oil and salt to be considered healthy!

**800 Calorie Points:** Whether you like it vanilla, chocolate, or even Shamrock flavored, this cool treat has tons of sugar and extra calories.

**1000 Calorie Points:** This warm, fluffy breakfast food is often served with sausage, a Hash Brown, and plenty of syrup and butter!

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# Restaurant #2: Wendy's®

**200 Calorie Points:** This side contains 2 protein foods: beef and beans! It also comes with crackers, and a spoon.

**400 Calorie Points:** Whether you prefer this snack regular or spicy, these breaded treats only come in sets of even numbers!

**600 Calorie Points:** This burger can also be ordered as a double or triple. However, this item already has more than enough red meat on it.

**800 Calorie Points:** This Homestyle “meal” can be ordered regular or spicy, but it’s deep fried either way.

**1000 Calorie Points:** If you say you “ator” this popular burger, you just ate more meat than anyone needs in a day!

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# Restaurant #3: Subway®

**200 Calorie Points:** Subway doesn't just do sandwiches! Eating your greens and getting lean protein from a Thanksgiving bird is easy with this.

**400 Calorie Points:** This dessert comes in packs of 2, but surely a certain blue monster from *Sesame Street* would be happy to share with you!

**600 Calorie Points:** Whoa there, cowboy! A pig and chicken teamed up on the ranch to make this tasty 6-inch sub.

**800 Calorie Points:** Who's got beef!? This footlong sub sure does!

**1000 Calorie Points:** Mamma Mia! After eating this foot-long Italian sub, you'll be shooting fireballs like Mario and Luigi!

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# Restaurant #4: Dunkin'<sup>®</sup>

**200 Calorie Points:** Feeling tired? Ordering this breakfast food might just help you wake up!

**400 Calorie Points:** This hot cereal is an awesome way to start your day with whole grains!

**600 Calorie Points:** In New York, it's all about the bacon, egg, and cheese. In New Jersey, it's all about the pork roll, egg, and cheese. But this bagel sandwich from Dunkin'<sup>®</sup> uses a different food from pigs.

**800 Calorie Points:** You might feel real cool with this vanilla beverage, but it has as much sugar as 59 Munchkins!

**1000 Calorie Points:** Named after characters from *The Wizard of Oz*, these little donut treats often are sold in groups of 10 right out of drink cups!

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# Restaurant #5: KFC®

**200 Calorie Points:** In the mood for veggies? You can eat single servings of these 3 veggie sides for fewer calories than a single piece of chicken!

**400 Calorie Points:** KFC® cuts this veggie thick, unlike most other fast-food places that fry a thinner version.

**600 Calorie Points:** This chicken snack isn't made from kernels, like you might think when you hear its name.

**800 Calorie Points:** This chicken meal looks like a dessert but is in fact quite savory!

**1000 Calorie Points:** For a crisp Abraham Lincoln, you can "fill up" with a chicken breast, mashed potatoes, a biscuit, cookie, and a soda – and way too many calories!

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