

In your group, discuss the following questions. Make notes of key points raised in your group's discussion.

1. What is a calorie? Why is it important to know how many calories there are in certain food?
2. A normal adult needs about 2000 calories a day. If you were planning to have lunch at McDonald's, think about what would you order. Also, what do you think a typical adult would order at McDonald? Write this in the table below.

Your lunch items	Calories
Total	

A typical adult's lunch items	Calories
Total	

3. Use the McDonald's menu nutrition facts to find the number of calories for each item and find the total for you and the typical adult. Write this in the table above. You can also use Fast Food Finder at www.foodfacts.info to find calorie information for other fast food restaurants.
4. A medium sized French fries (117 grams) from McDonald's has 380 calories. Can you think of other snacks, not necessarily from McDonald's, that would be healthier?
5. How do you define "unhealthy" foods? Is fast food "unhealthy"?
6. Fast food restaurants spend more than \$660 million each year on marketing their products and brands. What kind of marketing strategy do you think the fast food industry uses? In other words, who do you think the fast food restaurants are targeting? Why?
7. With at least one quarter of American adults eating fast food every day, what kind of effect does that have on public health?

Websites for more information:

<http://www.fastfoodmarketing.org/>

<http://www.benefits-of-resveratrol.com/effects-of-fast-food.html>

http://www.bridgingthegapresearch.org/_asset/2ic2wr/btg_fast_food_pricing_032012.pdf