**Scenario/Summary**

The goal of this assignment is to examine food available at fast food establishments and examine dietary practices of the everyday consumer while reviewing key nutritional components.

**Fast Food Menu Creation Overview**

For this assignment, you have been asked to explore the nutritional value of menu items at a local fast food restaurant. Using the available menu items, plan two meals: the healthiest meal possible and the unhealthiest meal possible. Both meals should include an entrée, a side, a beverage, and dessert.

**Deliverables**

1. Describe the healthy meal that you have created from the fast food restaurant using the nutritional value of menu items.  
   1. Name the restaurant and then write a nutritional analysis of the meal you have created. (Explain all of the nutrients found in the meal, like carbs, protein, fat, and some essential vitamins and minerals.)
   2. Discuss your reaction to the analysis. Make sure to explain why you feel the way you do about this meal. For example, if your meal is composed primarily of fat, discuss that point; if your meal supplies a lot of sugar per serving, discuss that as well. Please also remember to link excess or limited amounts of nutrients with diseases or the potential for disease. (Too much fat may put you at risk for heart disease, not enough calcium may not support bone health, etc.) Please make sure this section is as detailed as possible.
   3. How will this information affect your future food choices? Make sure to explain why you will or will not eat this meal again, and support your answer with the information found in the above sections.
   4. In a Word document, please answer and discuss the following questions.
2. Describe the unhealthy meal that you have created from the fast food restaurant using the nutritional value of menu items.  
   1. Name the restaurant, and then write a nutritional analysis of the meal you have created. (Explain all of the nutrients found in the meal, like carbs, protein, fat, and some essential vitamins and minerals.)
   2. Discuss your reaction to the analysis. Make sure to explain why you feel the way you do about this meal. For example, if your meal is composed primarily of fat, discuss that point; if your meal supplies a lot of sugar per serving, discuss that as well. Please also remember to link excess or limited amounts of nutrients with diseases or the potential for disease. (Too much fat may put you at risk for heart disease, not enough calcium may not support bone health, etc.) Please make sure this section is as detailed as possible.
   3. How will this information affect your future food choices? Make sure to explain why you will or will not eat this meal again, and support your answer with the information found in the above sections.