

About the game

The Fast Food Challenge is a game designed to be an engaging and interactive way to learn about the calorie needs of children and to learn about the calories in fast food. The game can be used in a variety of settings including schools, health fairs, after school programs, with families, or on the go. The game was created to help the public understand how to use the nutrition information that is now available in chain restaurants.

Research shows many of us eat a third of our calories on food eaten away from home. Many of these foods are high in sodium, fat and calories, all contributors to chronic health concerns like obesity, heart disease and diabetes.

This program coincides with the King County and Federal menu labeling legislation which progressively mandates calories to be posted next to menu items in fast food restaurants and on all menus over the next few years.

Download today!

The Fast Food challenge curriculum outline and game materials are free and downloadable at www.kingcounty.gov/healthservices/health/nutrition/healthyeating/menu/campaign.aspx

The downloadable version offers students a copy of the game to play outside of the classroom with friends and family. We welcome your comments and suggestions about the game and hope you find the materials both fun and educational.

You can find more information and resources, including calorie and fitness calculators on Public Health's Healthy Eating website :

www.kingcounty.gov/health/healthyeating

Be informed, Be healthy!

Fast Food Challenge



THE GAME OF
SMART CHOICES FOR EATING
ON THE GO!

BE INFORMED, BE HEALTHY

Public Health 
Seattle & King County

Teach

Children and parents

Play

Flexible

Supplements curriculum

About the game

Fast Food Challenge is a simple and interactive way to teach about daily calorie needs and the calorie content in fast food. The game can be used as a supplement to many lessons in math, health, physical education, and science classes.

More than 9 million U.S. children and adolescents are obese, and just as many are at risk of becoming obese.

Consumption of fast food by children has risen from 2% of total calories to 10% of calories.

People who eat fast food have a greater caloric intake than those who do not.

Many ways to play

The game can be played individually, in the classroom, with family members or on the go!

The fast food challenge game kit comes with 26 playing cards and a score sheet with instructions that is easily downloadable so each student can have a game set.

The game is easy to take on a field trip or play as a game in the car.



60 cal

Plan a meal then add the calories

The game can be used in math, science, health, and physical education curriculums. Learning objectives are designed so students will recognize daily calorie requirements for their age, and be able to select at least one fast food meal with the appropriate caloric requirement by the end of the game.



410 cal