

# Game Instructions

## FAST FOOD CHALLENGE

Did you know that information about calories is on menus and menu boards in many chain restaurants?

**STEP 1** Use the food cards to choose a fast food meal that you like.

**STEP 2** Using a tally sheet below, write down the items and calories.

**STEP 3** ADD up the total calories for your meal.

**STEP 4** Compare the meal total with the meal calorie guide below.

HOW MANY CALORIES DO YOU NEED FOR A MEAL?			
Listed to the right are calorie amounts for boys and girls by age.  The amounts are for one-third (1/3) of your calories for a day if you are active for 30-60 minutes.	<b>Age 4-8</b>	<b>Age 9-13</b>	<b>Age 14-18</b>
	<b>Girls:</b> 500 calories <b>Boys:</b> 500 calories	<b>Girls:</b> 600 calories <b>Boys:</b> 675 calories	<b>Girls:</b> 650 calories <b>Boys:</b> 700 calories

Does the total come close to your calorie needs for one meal? YES? Then **YOU WIN!**

NO? Don't give up... Try again to find a meal that fits you!

### BE INFORMED, BE HEALTHY

Read menu labels and make healthier choices.

#### FAST FOOD CHALLENGE

##### Plan a fast food meal

Write down meal items and their calories below for each item you place on the Game Plate.

Meal Item	Calories
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
<b>Total</b>	.....

Who is this meal for? .....

Boy  Girl      Age? .....

Calories needed for one meal? .....

How many calories are in the meal you chose? .....

Are the total calories in the meal close to your calorie needs for one meal?

Yes? **YOU WIN!**      No? Please try again

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#### FAST FOOD CHALLENGE

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Meal Item	Calories
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.....	.....
.....	.....
.....	.....
.....	.....
<b>Total</b>	.....

Who is this meal for? .....

Boy  Girl      Age? .....

Calories needed for one meal? .....

How many calories are in the meal you chose? .....

Are the total calories in the meal close to your calorie needs for one meal?

Yes? **YOU WIN!**      No? Please try again