

Name: \_\_\_\_\_

### Nutrition Worksheet Activity

**Directions:** Many people often complain they have no time to eat healthy and at home before going to school and/or work. The result is eating at fast food places and having meals that are high in calories and sugar. For this exercise, pick out your favorite meal at your favorite restaurant and identify the foods, calories, and grams of sugar contained within each food item in the meal. This can be done for breakfast, lunch, and dinner meal options. Then, on the next page, find healthier alternative meals at the same restaurants for breakfast, lunch, and dinner.

Restaurant: \_\_\_\_\_

| Breakfast Food | Calories     | Sugar (g) |
|----------------|--------------|-----------|
| _____          | _____        | _____     |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
|                | <b>Total</b> | _____     |
| Lunch Food     | Calories     | Sugar (g) |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
|                | <b>Total</b> | _____     |
| Dinner Food    | Calories     | Sugar (g) |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
| _____          | _____        | _____     |
|                | <b>Total</b> | _____     |

Name: \_\_\_\_\_

**Healthy Meal Alternative**

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Restaurant: \_\_\_\_\_

Breakfast Food

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Calories

Sugar (g)

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Total

Lunch Food

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Calories

Sugar (g)

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Total

Dinner Food

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Calories

Sugar (g)

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Total