

## Report Sheet

Select three (3) menu items from one of the restaurants. Study the item and note which food groups are included in the dish. Research the ingredients found in this food. List the nutrients it contains, the number of fat grams, carbohydrates, sugars, and other nutrients. A sample item has been provided on this sheet. Use the table on the next page to record your findings. When your table is complete, write a comparison of the three menu items you have analyzed. Write a statement about which food is the healthiest choice. Defend your choice.

Menu Item	Food Group	Ingredients	Grown in Our State	Nutrients	Fat Grams	Carb. Grams	Sugars	Other Info.
Example: Taco	Grains Meat Vegetable Milk	Corn Beef or chicken Tomato Lettuce Cheese (dairy cows) Sour cream (dairy cows)	Yes Yes Yes No Yes  Yes	Carbohydrates Protein Vitamin C Calcium	10	13	1	Vit.A 4g Vit.C 2g Cal. 8g Pro. 8g  Source: Taco Bell

Key:            Cal. – calcium      g – grams            Vit.- vitamin            Carb. –carbohydrates            Pro.- protein

