

Fast Food Nation Resources: Sophomore English

Use these two articles to support your argument.

Article	Work Cited Page Entry
Fast Food is Unhealthy	Irani, Sarah. "Fast Food is Unhealthy." <i>Fast Food</i> . Ed. Lauri S. Friedman. Farmington Hills, MI: Greenhaven Press, 2010. 12-18. FollettShelf. Web.
Fast Food is Not Always Unhealthy	Markels, Alex. "Fast Food is Not Always Unhealthy." <i>Fast Food</i> . Ed. Lauri S. Friedman. Farmington Hills, MI: Greenhaven Press, 2010. 19-24. FollettShelf. Web

Calculate the Nutrition Facts for a Specific Meal

Go to: <http://www.fastfoodnutrition.org/>
to get the nutritional facts for a specific item at a specific restaurant.

- Click on a restaurant on the left side of the page.
- Then click on the item for which you want nutrition information.

You can also browse through a list of the food items offered at a specific restaurant. That way you can see at a glance exactly which of the restaurants' items is the best/worst.

- Click on a restaurant on the left side of the page.
- Click on the *Nutritional Chart* button on the right.

Click on *Fast Food Calculator* to determine the nutritional facts for an entire meal at a restaurant (it does the math for you....you are welcome).

Click on *The Best* or *The Worst* to see foods with the lowest/highest fat, calories, etc.

[Nutritionix](#) has information on some restaurants like Applebee's and Chili's. You can also go directly to the restaurant's website.

Information on what is healthy - Use this information to construct your argument

- [What Should You Eat?](#) Gives a list of 10 healthy eating guidelines.
- [Healthy Eating Plate](#) A graphic of what healthy foods are

[TUHSD MLA Quick Guide](#)