

McDonalds

WebQuest Description: Everyone loves McDonalds. You will learn about the food choices you make when dining at McDonalds.

Grade Level: K-2

Curriculum: Health / PE

Keywords: Mcdonalds fast food fat meals health burger king french fries

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WebQuest URL: <http://zunal.com/webquest.php?w=11839>

Introduction

Welcome to the McDonalds webquest. You will learn about how McDonalds food is made and how bad McDonalds is for you. Good luck!

Tasks

You will search for McDonalds healthiest and unhealthiest meals.

Process

Assign groups of two students. Each student decides what topic to research (unhealthiest meal, healthiest meal). Student one will research the unhealthiest meal and student two will research the healthiest meal. Student one Go to www.calorieking.com and search McDonalds. Click on McDonalds and then make the unhealthiest meal you can (most fat, calories, carbs, sodium, and sugar) consisting of a drink (soft drink, iced tea, milkshake etc.), a "main course" (burger, McNuggets, salad, etc.), and sides and soups (fries, soups, etc.) Student two Go to www.calorieking.com and search McDonalds. Click on McDonalds and then make the healthiest meal you can (least fat, calories, carbs, sodium, and sugar) consisting of a drink (soft drink, iced tea, milkshake etc.), a "main course" (burger, McNuggets, salad, etc.), and sides and soups (fries, soups, etc.) Other links for easier nutrition facts: go to www.calorieking.com and click on "resources and tools" click on the scroll down menu and click McDonalds and hit go

Evaluation

Category and Score	Beginning 1	Developing 2	Very Good 3	Exemplary 4	Score
Effort	Little or no effort	Some effort shown	Good effort shown	Exemplary effort shown	%34
Completion	No work is complete	One part of a McDonalds meal is complete	Two parts of a McDonalds meal is complete	The project is complete	%33
Reading Comprehension	There is no proof that the student read the material	There is little proof that the student read the material	The student mostly understands the material	The student completely understands the material	%33
		.	.	.	%0
				Total Score	%100

Conclusion

I hope you guys had fun and will think about what you order next time at McDonalds. Some other interesting facts are at: <http://www.rense.com/general7/why.htm>

Teacher Page

Worst drink: Triple Thick Chocolate Milkshake
Worst side: Large French Fries
Worst main course: Angus with bacon and cheese
Best drink: Water
Best side: Small French Fries or Chicken Noodle soup (french fries have 144 mg of sodium and chicken noodle soup has 800 mg of sodium)
Best main course: Caesar Salad WITHOUT chicken or dressing. (Only ONE Ranch dressing packet has 15g of fat, 2.5g of saturated fat, 530mg of sodium and 9 carbs. Usually people use two or three packets of dressing.) and a McVeggie on a wheat bun. (considering each leaf of lettuce at McDonalds is treated with 12 chemicals to keep its right color and crispness.)

Standards

Credits

Other