Fast Food Fun Spreadsheet
Spring

Your Task: You are going to find out how many calories you consume when you go out to eat at a fast food restaurant. You are going to find the calories in a meal at a fast food restaurant by using the internet and reporting your findings in an Excel worksheet. You will need information for 3 (three) restaurants. You will be required to find out how much exercise you will need to do to work off the calories for each meal and then create charts to show specific information. Detailed instructions are given below:

1. Open a new Excel workbook
2. Merge and center cells A1:F1
3. Type the following information into the correct cells:
   a. Calories in cell B3
   b. Fat Calories in cell C3
   c. Non-Fat Calories in cell D3
   d. Percentage of Fat in cell E3
   e. Exercise Required in cell F3
4. In cell A1 type the name of the restaurant you will be eating at.
5. Column A will contain the items off the menu you plan to order. Begin typing that information in cell A4. Your spreadsheet should resemble the one below:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Fat Calories</th>
<th>Non-Fat Calories</th>
<th>Percentage of Fat</th>
<th>Exercise Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large Fries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large Coke</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Pie</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. Now it is time to find out how many calories and fat calories each menu item has. For this part you will need to go to http://caloriecount.about.com/. Once there scroll down and click on FAST FOODS under the Calories in Foods & Activities section. Once at FAST FOODS do a search for your particular restaurant (under Find in this category). It will then give you a list of items to choose from. Choose your menu item and then record the Calories and Fat Calories (or Calories from Fat) into your spreadsheet. Continue this process until you have the information for all the items listed in Column A.
7. Calculate the Non-fat Calories for each menu item. You will need to enter a formula in cell D4 to find the difference between Calories and Fat Calories (**create a formula that subtracts the cell containing calories and the cell that contains fat calories**).
8. Determine the Percentage of Fat for each menu item by entering a formula in cell E4 that **divides the Fat Calories by the Calories**. Make sure you use cell references (ex: B3)
9. Determine the total number of **Calories, Fat Calories, Non-Fat Calories** for each restaurant.
10. Repeat the above steps until you have information with 3 restaurants.
11. Now it is time to determine how much exercise you will need to do to work off the calories for each of the meals listed above. Go to the internet and type in the following address http://www.goodhousekeeping.com/health/calorie-counter. You will decide which activities listed there you would like to do and for how long. Once you have chosen an activity and time duration (how long you will be doing the activity) you click SUBMIT. It will then calculate the number of calories you have burned and if it is less than the total for that meal then add more activities until the calories burned exceeds the total calories for that meal.

12. Once you have determined how much exercise you need to burn off that meal record the following into your spreadsheet (in column F):
   a. What type of activity it was
   b. Time duration of the activity

13. You need to now create 3 charts that show the following:
   a. The Calories and Fat Calories in a Fast Food Meal (for each of your meals)
   b. Fat Calories and Non-fat calories for 1 (one) of your menu items from each meal
   c. Percentage of Fat in the entire fast food meal (for each meal)

14. When you have completed all the steps above change the font, colors and other things you would like to make the spreadsheet more appealing and professional.

15. Save the file to your documents.