

**Texas 4-H Roundup  
Healthy Lifestyles Invitational  
Reasons Worksheet**



**Class:** Fast Food Meals

Description of Class/Product Options		Official Class Placing
Julia will be traveling a lot with work this week. She will have to eat several fast food meals while she is gone. Help her choose which meals are the healthiest choices.		4-1-2-3 Cuts: 5-2-4
Top Pair		Admissions/Grants
<div> <div>4</div> <div>1</div> </div> <p>Option 4 is class winner because it has the least amount of fat and calories. The burger also comes with vegetables and has the highest amount of protein of the other options. Option 1 has more calories and sodium than 4 and is a crispy chicken filet as opposed to grilled and does not offer the vegetables that 4 does.</p>	1 is comparable in the amount of fat only having .5 gram more than 4.	
Middle Pair		Admissions/Grants
<div> <div>1</div> <div>2</div> </div> <p>1 is placed over 2 because it has 9.5 less grams of fat than 2 and 375 less grams of sodium.</p>	2 does have 50 fewer calories and does offer more vegetables than 1.	
Bottom Pair		Admissions/Grants
<div> <div>2</div> <div>3</div> </div> <p>3 is placed on the bottom because it is the highest in calories and fat offers no vegetables. Being paired with a shake helps make this an easy bottom because it adds more calories and fat.</p>		