Fast Food Worksheet

**Directions: Using the Nielsen study answer the questions below**

1. Which restaurant’s website had the most visits by kids 2-11 years old?
2. Which restaurant advertises the most on Spanish television channels?
3. Which restaurant is advertises the product category “healthy options” the most to teens ages 12-17?
4. What product is most advertised to kids ages 2-5 years old?
5. What are the consequences of advertising to children? Do companies have any moral responsibility in what they advertise to children?
6. What are your recommendations to fast food restaurants as it relates to providing healthy choices?
7. If you were a food scientist/product developer at each of the following fast food chains what healthy options would you offer customers?

Taco Bell:

Wendy’s:

KFC:

1. In your opinion what is the healthiest fast food option out there? What chain and what do you order? What is healthy about your recommended option? (e.g. fat, sodium, calories, fiber, etc)