

MAKEOVER PROJECT

Choose...Homemade,
Not...Fast Food



Directions

Use the food you randomly selected from the can--see the list if you need to.

Insert a picture of the “CHOOSE” food along with the totals for calories, fat and sodium. Hyperlink the recipe source to the slide.

Insert a picture of the “NOT” food along with the totals for calories, fat and sodium.
Include the restaurant icon.

Finally, provide the calories savings, the fat savings and the sodium savings by choosing homemade over fast food.

See the Sample of the Potato Skins

Submit your finished slide via Google Classroom

CHOOSE ...

Mini Cheddar Potato Skins



Calories: 84
Fat: 2.4 grams
Sodium: 124 mg

NOT...

Dairy Queen Potato Skins



Calories: 270
Fat: 15 grams
Sodium: 1030 mg

Calorie Savings= 186
Fat Savings= 12.6 grams
Sodium Savings= 906 mg

SAMPLE