





**Class #2**  
**Junior and Intermediate**  
**Fast Food**

Emma decided not to go out for a fall sport, but she feels it's very important to keep physically fit for basketball season. She will keep her job at a local sports store, going there each day after school. Two days a week she will have to grab something from a fast food store on her way to work. Which fast food choice should Emma select most often that is a good source of protein and low in fat?

<p><b>#1</b>  <b>Subway</b>  <b>6" Roast Beef</b></p> 	<p><b>#2</b>  <b>Whataburger</b>  <b>Grilled</b>  <b>Chicken</b>  <b>Sandwich</b></p> 	<p><b>#3</b>  <b>Chick-Fil-A</b>  <b>Grilled</b>  <b>Chicken</b>  <b>Cool Wrap</b></p> 	<p><b>#4</b>  <b>McDonalds</b>  <b>Premium</b>  <b>Wrap Sweet</b>  <b>Chili Chicken</b></p> 
<p>Wheat Bread  Roast Beef  American Cheese  Lettuce, cucumber, tomato</p> <p>Calories: 360  Fat: 8 g  Protein: 36 g  Carbs: 50 g</p>	<p>Multi-grain Bun  Grilled Chicken  Lettuce  Tomato</p> <p>Calories: 460  Fat: 17 g  Protein: 29 g  Carbs: 50 g</p>	<p>Sliced grilled chicken, green leaf  lettuce, shredded veggies,  flaxseed flat bread, Avocado Lime  Ranch Dressing</p> <p>Calories: 340  Fat: 11 g  Protein: 29 g  Carbs: 40 g</p>	<p>Grilled Chicken, Flour Tortilla,  Salad Blend, Tomato, Cucumber  Sweet Chili Sauce, Creamy Garlic  Sauce</p> <p>Calories: 380  Fat: 11 g  Protein: 27 g  Carbs: 47 g</p>
<p><b>Price: \$5.55</b></p>	<p><b>Price: \$4.99</b></p>	<p><b>Price: \$5.39</b></p>	<p><b>Price: \$4.76</b></p>

## **JUNIOR/INTERMEDIATE**

### **Class #2 – Fast Food**

Placing: 1-3-4-2

Cuts: 4-2-3

#### Reasoning:

I placed 1 over 3 because:

- It has more protein
- It has less fat
- Can load up on healthy vegetables

Grant to 3

- It is less expensive

I placed 3 over 4 because:

- It has more protein
- It has fewer calories

Grant to 4:

- It costs less

I placed 4 over 2 because

- It has much less fat
- It has fewer calories

I grant that 2

- More protein

I placed 4 last because it was the highest in fat.