

# Fast Food: Healthy Choices Student Checklist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Enter this into your browser: <http://www.lessonsforlivingwell.org/>

Lesson Activity	Date Started	Date Completed
Introduction/Learn Key Words		
Quick Check: Key Words		
Video: All About Fat		
Quick Check: All About Fat		
Video: All About Salt		
Quick Check: All About Salt		
Your Choice: How much fat and salt?		
Reading a Nutrition Chart		
Health-o-Meter		
Video: What Did Blanca Order?		
Final Quiz		Your Score: _____
Final Survey		
Learn More		
Teachers Initials _____		