

NUTRITION MEAL PLANNING

Microsoft Excel

Directions: You are going to be finding the nutritional information for 3 different Chick-fil-a meals. Follow the steps below to complete the meal planning activity.

Step 1] Open Microsoft Excel

Step 2] Set Up Your Spreadsheet

1. Set up a spreadsheet on sheet 1 just like the one shown below.

	A	B	C	D	E	F
1	Nutrition Facts					
2	Chick-fil-a					
3	Item	Calories	Fat (g)	Fiber (g)	Sugars (g)	Protein (g)
4	Chicken Sandwich					
5	Waffle Fries (medium)					
6	Coca Cola (medium)					
7	BBQ Sauce (1 pack)					
8	Total					
9						
10	Lowest					
11	Highest					
12	Average					

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add *All Borders* option to the table

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Step 3] Find the Nutritional Information

1. Go to the Chick-fil-a website and click on the Menu tab and choose **Meal Calculator**.
2. Find the total amount of calories, fat, fiber, sugars, and protein for the meal using the **AutoSum** formula.
3. Find the item with the lowest and highest amount of calories, fat, fiber, sugars, and protein for the meal.

Step 4] Create 1 More Chick-fil-a Meal

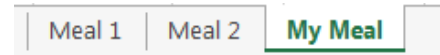
1. Using the same layout as the spreadsheet on sheet 1, create 1 more Chick-fil-a meal on sheet 2 of the same workbook.
2. The meal must include:
 - 1 Classic Item
 - 1 Medium Side Item
 - 1 Medium Drink
 - 1 Package of Dressing/Sauce
3. Find the totals, lowest, highest, and average data for each meal just like you did in meal #1.

Step 5] Any Restaurant Meal

1. Using the same layout as the spreadsheet on sheet 1, create 1 more meal on sheet 3 of the same workbook from any restaurant you like (as long as nutrition facts are on their website).
2. The meal must include at least 4 menu items.
3. Find the totals, lowest, highest, and average data for each meal just like you did in meal #1 and 2.

Step 6] Rename the Sheets

1. Right-click on each of the 3 sheet tabs and rename them Meal 1, Meal 2, and My Meal



Step 7] Save the workbook as **Meal Planning** AND **upload it** on the *Turn It In* page of the class website.