

Exercise #14 Nutritional Facts Mini-Project Worksheet

(Look at the Answer Key for Hints)

Instructions:

- Using the internet, choose a restaurant (Subway, McDonald's, Wendy's, Sonic, etc.), go to their web site and select items that you would eat at a meal. If their web site does not contain the information, just do a Google Search. Try this site: <http://nutritiondata.self.com/>
- Use this document to record your information by hand. Enter the Item Name, Total Calories and Fat Calories in space provided.
- Create a new spreadsheet using the template below, where you enter the information in the appropriate white cells and calculate the data by entering formulas in the shaded cells below. **Copy formulas as shown by arrows*. Make the shaded data size 12, Bold, Italics.
- Refer to Answer Key found on sjrocco.info for proper formatting and labeling.
- Capitalize headings make size 14 and Bold as shown. Add Borders as shown.
- Create two graphs: 1 comparing Total Calories to Fat Calories. 1 showing the percentages of Fat Calories in each item.
- Set Print Area, Row and Column Headings, **NO GRIDLINES*, Center Vertically and Horizontally, Landscape, and add Footer as instructed. Print Preview to review for errors.
- Print 2 copies. One showing the spreadsheet and the other showing the calculations after Pressing (Ctrl + ~).
- Hand in this completed worksheet and both printed copies.

	A	B	C	D	E	F
1	"Your Name" Fast Food Nutrition Chart					
2						
3	Restaurant Name:					
4	Category	Item Name	Item Calories	Fat Calories	Non-Fat Calories	Percentage of Fat
5	Main Item				=c12-d12	=d12/c12
6	French Fries or Potato				↓	↓
7	Salad or Vegetable					
8	Extra Item					
9	Beverage & Size					
10	Dessert Item					
11		<i>*Formula Hints</i>				
12		Total	=Sum(X0:X1)	→		
13		Maximum	=Max(X0:X1)	→		
14		Minimum	=Min(X0:X1)	→		
15		Average	=Average(X0:X1)	→		