

Excel Assignment #6

“Nutrition Facts”

Directions: Either in partners or on your own, choose a fast-food restaurant that you like to eat. You will need to think of a meal you can eat at that restaurant. You will need a total of four items from the menu. You should be able to go to the companies main website or do a search for nutritional information on that particular restaurant. An example from Burger King may look something like this:

- Whopper w/ cheese
- Med. Fries
- Med. Coke
- Chocolate Milk Shake

Here are the nutrition facts that you need to find:

1. Total Calories
2. Calories from Fat
3. Fat (in grams)
4. Total Carbohydrates
5. Protein (grams)

You will need to add up these totals for the entire meal. You will next compare this to what the average daily totals should be for an average meal.

Average Daily totals	2500	625	80	130	60
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Do a bar graph comparing the two. The trick is to make sure your numbers and labels are in the right spots.

Legend entries- These are your bars that will consist of your restaurant and the average daily totals.

Series Name- your Restaurant Name; Average Daily Totals

Series Values- the numbers that go along with the series name

Horizontal Axis Labels- These will be the different categories (calories, calories from fat, etc.).

You should have a chart and graph similar to the ones on the other side of this sheet.

Burger King Meal Nutritional Facts

	Calories	Calories from fat	Fat (g)	Total Carbs	Protein (g)
Whopper w/ Cheese	780	423	47	55	34
Med. Fries	360	0	20	41	0
Med. Coke	200	0	0	53	0
Med. Chocolate Shake	690	20	0	114	0
Burger King Totals	2030	443	67	263	34
Average Daily totals	2500	625	80	130	60

