Veggie and Fruit Descriptors

Print and cut apart to draw each slip out of a hat, bowl, or envelope. Laminate for future use.

Red	Crunchy	Sour
Purple	Juicy	Sweet
Blue	Round	Chewy
Green	Hard	Yellow
Bumpy	White	Fuzzy

I like it!

I don't like it – or have never tried it.

VISUAL AID 4-V-1: LIKE IT/DON'T LIKE IT SIGNS
Print 1; cut apart and laminate for future use.

McDonald's (www.mcdonalds.com)		**Fat in teaspoons**	**Fat in grams**	**Calories**
Main Items: Choose One				
Regular Hamburger		2	9	250
Big Mac		6	29	550
McChicken Sandwich		3	16	360
Chicken McNuggets (6 piece)		4	18	280
Sides: Choose One				
Medium-Size French Fries		4	19	380
Side Salad with Low-Fat Italian Dressing		1	2	70
Side Salad with Creamy Caesar Dressing		4	19	200
Apple Slices		0	0	15
Fruit and Yogurt Parfait w/Granola		1	2	150
McFlurry w/Oreos		3	17	510

Taco Bell
(www.tacobell.com)

		Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One				
Fresco Crunchy Taco (beef)		2	8	150
Fresco Chicken Soft Taco		1	4	140
Bean Burrito		2	11	370
Grilled Stuft Burrito - Beef		8	41	870
Cheese Roll-Up		2	9	180
Sides: Choose One				
Cheesy Nachos		3	15	280
Black Beans		1	2	80
Cheesy Fiesta Potatoes		3	15	310
Caramel Apple Empanada		3	15	310

Wendy's (www.wendys.com)

		Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One				
Junior Hamburger		2	10	250
Junior Bacon Cheeseburger		4	22	390
Ultimate Chicken Grill Sandwich		1	7	370
Crispy Chicken Sandwich		4	20	380
Chicken Nuggets (4 piece)		4	20	270
Sides: Choose One				
Medium-Size French Fries		4	20	410
Broccoli and Cheese Baked Potato		3	14	440
Garden Side Salad with Croutons and Light Ranch Dressing		1	7	70
Garden Side Salad with Croutons and Classic Ranch Dressing		3	13	120
Apple Slices		0	0	40
Small Chocolate Frosty Shake		4	13	580

Burger King (www.bk.com)

		Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One				
Regular Hamburger		2	9	230
Original Whopper		7	37	650
TenderCrisp Chicken Sandwich		8	42	700
TenderGrill Chicken Sandwich		3	16	410
Chicken Strips		3	17	340
Sides: Choose One				
Medium-Size French Fries		4	18	410
Garden Salad with Cheese and Fat-Free Ranch dressing		1	4	130
Garden Salad with Cheese and Ranch dressing		5	24	260
Apple Slices		0	0	30

Subway (www.subway.com)

		Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One				
Meatball Marinara (6”), with cheese		4	23	580
Chicken and Bacon Ranch Melt		6	28	570
Ham Sub (6”), no cheese or dressing		1	4	290
Ham Sub (6”), with cheese and mayonnaise		4	21	460
Sides: Choose One				
Veggie Delite Salad with Fat-Free Italian Dressing		0	2	95
Veggie Delite Salad with Ranch Dressing		7	36	380
Minestrone Soup		0	1	90
Chocolate Chip Cookie		2	10	210
Apple Slices		0	0	35

Dairy Queen (www.dairyqueen.com)

		Fat in teaspoons	Fat in grams	Calories
Main Items: Choose One				
Cheeseburger		4	19	380
Bacon Cheese *GrillBurger*		7	36	620
Crispy Chicken Sandwich		6	30	610
Grilled Chicken Sandwich		3	16	360
Hot Dog		4	18	300
Chili Cheese Dog		5	25	390
Sides: Choose One				
Regular-Size French Fries		3	17	380
Side Salad with Fat-Free Thousand Island Dressing		0	0	80
Side Salad with Ranch Dressing		7	35	340
Small Chocolate Shake		4	19	550
Banana		0	0	110