******Fast Food Nation**

**Scenario: You have been on tour now for the last 6 months playing to sold out arenas all over the world. You have been wondering why you are having to work out twice as hard as normal when you are not on tour. You know it has something to do with the food you eat while on the road. Time to look at what you are REALLY eating!**

**Learning Goal:**

Students will be able to use multiple worksheets and named ranges to calculate data in Excel 2013.

**Objective:**

Students will study and analyze nutritional information about FAST-FOOD. How healthy are Fries? Cheeseburgers? Tacos? Using Excel students will compare nutrition facts such as Calories, Sodium, or Cholesterol.

**Vocabulary:**

Workbook, Worksheet, Named Range, Format, Merge,

**Directions:**

1. Download the workbook called “Top 3 Fast Food”

Practice With Functions

1. Click on the Mcdonalds worksheet
2. Select Cell A37 and enter “Minimum”
3. Select Cell A38 and enter “Maximum”
4. Select Cell A39 and enter “Average”
5. Select Cell C37 and insert a function that displays the minimum value of calories for every item on the menu
6. Use the fill handle to display the minimum value for Total Fat and Carbs
7. Select Cell C38 and insert a function that displays the maximum value of calories for every item on the menu
8. Use the fill handle to display the maximum value for Total Fat and Carbs
9. Select cell C39 and insert a function that displays the average value of calories for every item on the menu.
10. Use the fill handle to display the average value for Total Fat and Carbs
11. Repeat this process for the Burger King Worksheet and the Wendy’s Worksheet.

Creating a New Worksheet

1. Make a new worksheet and rename it My Meals
2. Change the color of each worksheet to a color of your choice.
3. Enter the following data:

In cell A1, type My McDonald’s Meals

B1-Calories

C1Total Fat

D1 -Carbs

A2-Big Mac, Large Fry

A3-Double Cheeseburger, Large Fry

A4-Premium Grilled Chicken, Large Fry

 Calculating Formulas Across Multiple Worksheets

1. In cell B2, calculate the total calories for the first meal by entering and equal sign, clicking on the McDonalds worksheet, and then clicking on cell containing the calorie content of a Big Mac. Type the plus sign and then click on cell that contains the calorie content of a Large Fry. Press enter.
2. Repeat this process to calculate the fat and carbs in the My Meals worksheet.
3. In cell B8, use a function to calculate the average calories
4. Use the fill handle to copy this formula into cells C8 and D8
5. For Burger King, use cell range H1:K11
6. In cell H1, enter the text “My Burger King Meal”
7. In Cell H2, enter Double Whopper with Cheese and Large Fry
8. In cell H3, enter Bacon Cheeseburger and Large Fry
9. In cell H4, enter Premium Chicken Sandwich-Grilled
10. Enter Calories, Fat, and Carbs in cells I1, J1, and K1 respectively
11. Using the same method you did in the McDonalds activity, calculate the calories, fat, and carbs for the 3 Burger King Meals.
12. So how many calories SHOULD you intake per day? Use <http://www.calculator.net/calorie-calculator.html> to calculate your daily intake value.
13. Save your work and turn this assignment in via Classcraft.