

Name _____

Fast Food's Double-Edged Sword: Health and Environmental Consequences

Multiple Choice Questions

1. What is one health-related consequence of consuming fast food regularly?
 - a) Increased nutrient intake
 - b) Reduced risk of chronic diseases
 - c) Weight gain and obesity
 - d) Improved dental health

2. Which of the following is NOT an environmental impact of the fast food industry?
 - a) Deforestation
 - b) Greenhouse gas emissions
 - c) Reduced water usage
 - d) Biodiversity loss

3. Why is the fast food industry often criticized for its environmental impact?
 - a) It uses reusable utensils and containers.
 - b) It contributes to deforestation and greenhouse gas emissions.
 - c) It promotes sustainable sourcing and eco-friendly practices.
 - d) It has no impact on the environment.

4. What is a recommended way to mitigate the health impact of fast food?
 - a) Choose oversized portions to get more value for money.
 - b) Avoid sugary drinks and desserts.
 - c) Consume fast food regularly for a balanced diet.
 - d) Share meals with others to encourage social interaction.

5. How can individuals reduce food waste when dining at fast food restaurants?
 - a) Order more food than needed to avoid running out.
 - b) Use disposable containers and utensils to minimize cleanup.
 - c) Order only what they can eat and dispose of waste properly.
 - d) Bring their own reusable plates and cutlery.

