

Name _____

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

Open-Ended Response Answer Key

1. Fast food is criticized for health impacts due to its high calorie and low-nutrient content. Environmentally, it's linked to deforestation and greenhouse gas emissions. Raising awareness is crucial to encourage responsible consumption and sustainable practices.
2. Recommendations may include using eco-friendly packaging, sourcing ingredients sustainably, reducing meat-based menu items, and implementing recycling programs. These measures can reduce the environmental footprint.
3. Moderation in fast food consumption allows individuals to enjoy occasional treats without overindulging. This approach can improve health outcomes and reduce the environmental impact of the fast food industry.
4. Taking responsibility for choices in fast food consumption is essential because it empowers individuals to make informed decisions that align with their health and environmental values. It contributes to overall well-being and sustainability.

