

Name _____

Why are Some Fast Food Items So High in Calories and Fat?

Multiple Choice Questions

1. What is one reason why some fast food items are high in calories and fat?
 - a) Use of low-calorie ingredients
 - b) Small portion sizes
 - c) Choice of ingredients and cooking methods
 - d) Lack of toppings and sauces

2. How do larger portion sizes contribute to the calorie content of fast food items?
 - a) They decrease the calorie content.
 - b) They have no impact on calorie content.
 - c) They increase the calorie content.
 - d) They make food less satisfying.

3. What role do toppings and sauces play in the calorie content of fast food?
 - a) They reduce the calorie content.
 - b) They have no effect on calorie content.
 - c) They increase the calorie content.
 - d) They make food less flavorful.

4. Why do fast food chains introduce high-calorie menu innovations?
 - a) To encourage healthier eating
 - b) To create a sense of novelty and indulgence
 - c) To reduce their costs
 - d) To promote calorie-free options

5. What is the impact of the palatability of fast food items on people's choices?
 - a) It makes people choose healthier options.
 - b) It has no influence on food choices.
 - c) It can lead to overconsumption due to the appealing flavors.
 - d) It decreases cravings for fast food.

