

Name _____

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

Short Answer

1. Explain how the choice of ingredients and cooking methods contributes to the calorie and fat content of some fast food items.
2. Describe the relationship between portion sizes and calorie content in fast food.
3. How do toppings and sauces enhance the flavor of fast food, and what is their impact on the overall nutritional content?
4. Provide an example of a high-calorie menu innovation introduced by a fast food chain, and explain its purpose.
5. How can the palatability of fast food items influence people's dietary choices and consumption patterns?

