

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Analyze the role of portion sizes in the appeal of fast food. How do larger portions contribute to the perceived value for customers, and what are the potential health consequences of consuming oversized meals?
2. Discuss the challenges of making healthier choices when faced with highly palatable fast food options. How can individuals strike a balance between enjoying indulgent flavors and maintaining a nutritious diet?
3. Explore the marketing strategies used by fast food chains to promote high-calorie menu items. How do these strategies influence consumer choices, and what steps can individuals take to make more mindful selections?
4. Imagine you are tasked with creating a healthier fast food menu item without sacrificing taste. Describe the ingredients, cooking methods, and portion sizes you would consider to achieve this goal, and explain how it could be marketed to appeal to a wide audience.

