

Name _____

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

Short Answer Key

1. The choice of ingredients and cooking methods contributes to the calorie and fat content of fast food items because many fast food ingredients are inherently high in calories and fat, and cooking methods like deep frying add extra fat and calories.
2. Larger portion sizes contribute to the calorie content of fast food by providing more food in a single serving, resulting in increased calories. Customers may choose larger portions for better value.
3. Toppings and sauces enhance the flavor of fast food by adding taste and texture. However, they can increase the overall calorie content significantly, making the food more flavorful but also higher in calories.
4. An example of a high-calorie menu innovation is the "Double Bacon Cheeseburger Deluxe," introduced by XYZ Fast Food. This burger includes two beef patties, multiple strips of bacon, cheese, and a special creamy sauce, creating a calorie-rich and indulgent option.
5. The palatability of fast food items can lead people to choose them more often because the flavors are appealing and satisfying. Cravings for specific tastes can drive individuals to opt for high-calorie fast food options.

