

Name _____

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

Open-Ended Response Answer Key

1. Larger portion sizes in fast food contribute to the appeal by giving customers the perception of getting more for their money. However, consuming oversized meals can lead to overeating and health consequences like weight gain and increased risk of obesity-related issues.
2. Making healthier choices with highly palatable fast food can be challenging. To strike a balance, individuals can opt for smaller portion sizes, choose items with fewer toppings and sauces, and occasionally indulge while focusing on overall balanced nutrition.
3. Fast food chains often promote high-calorie items through enticing marketing strategies. These strategies include appealing visuals, limited-time offers, and attractive packaging. To make more mindful choices, individuals can educate themselves about nutritional information, set personal limits, and resist impulsive decisions influenced by marketing.
4. To create a healthier fast food menu item, one could consider using lean protein sources like grilled chicken, whole-grain buns, plenty of fresh vegetables, and lighter sauces. Smaller portion sizes could be offered to encourage portion control. Marketing it as a "Smart Choice" or "Healthy Delight" can appeal to a wide audience concerned about their health without compromising taste.

