

Name _____

Why Do People Like Eating Fast Food?

Open-Ended Response Answer Key

1. Fast food advertising can influence consumer choices by creating strong brand presence and enticing customers with appealing slogans and imagery. However, it may not necessarily encourage healthy eating habits, as it often promotes high-calorie, low-nutrient options. Encouraging healthier choices and providing nutritional information can help improve consumer decisions.
2. Recommendations may include choosing lower-calorie options, opting for smaller portions, adding vegetables to meals, and avoiding sugary drinks and desserts. It's essential to balance fast food with a balanced diet rich in fruits, vegetables, and whole grains.
3. Fast food restaurants can improve nutritional value by offering more low-calorie and nutrient-rich options, reducing portion sizes, and using healthier cooking methods. They can also provide transparent nutritional information to help customers make informed choices.
4. Fast food chains can play a role in promoting healthier eating habits by offering more nutritious menu items, supporting nutritional education programs, and providing clear nutritional information to customers. Encouraging portion control and reducing the use of unhealthy additives can also contribute to healthier choices.

