

Name _____

Fast Food Frenzy: The Impact of Processed Foods on Our Health

Multiple Choice Questions

1. What is a primary concern with fast food and processed foods mentioned in the passage?
 - a) They are too expensive
 - b) They are too healthy
 - c) They lack essential nutrients
 - d) They are low in calories

2. Which health risk is associated with excessive salt intake from fast food and processed foods?
 - a) High blood pressure and heart disease
 - b) Weight loss and improved heart health
 - c) Strong bones and healthy teeth
 - d) Reduced risk of diabetes

3. What are trans fats, and why are they concerning for health?
 - a) Natural fats found in fruits
 - b) Artificial fats created during food processing linked to heart disease
 - c) Healthy fats that protect the heart
 - d) Fats that improve cholesterol balance

4. Why are fast food and processed foods often marketed to children?
 - a) To encourage healthy eating habits
 - b) To promote balanced nutrition
 - c) Due to their convenience and appealing advertising
 - d) Because children dislike the taste of these foods

5. What is the recommended approach to consuming fast food and processed foods for better health?
 - a) Eliminate them completely from your diet
 - b) Consume them exclusively for convenience
 - c) Choose healthier alternatives and practice moderation
 - d) Eat them for every meal to save time

