

Name \_\_\_\_\_

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

### Short Answer

1. Explain why fast food and processed foods are often high in calories but low in essential nutrients.
2. Describe the health risks associated with excessive sugar consumption from processed foods.
3. What are trans fats, and how can they affect cholesterol levels in the body?
4. Why is it important for parents to make informed choices about their children's diets when it comes to fast food and processed foods?
5. What steps can individuals take to strike a balance between convenience and health when it comes to fast food and processed foods?

