

Name _____

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

Open-Ended Response Questions

1. Share a personal experience or story about a time when you made a conscious choice to opt for a healthier alternative instead of fast food or processed foods, and explain why you made that choice.
2. Imagine a scenario where someone relies solely on fast food and processed foods for their meals. Describe the potential health problems they might face in the long run and how these issues could be prevented or mitigated.
3. Discuss the role of advertising in promoting fast food and processed foods to children and its impact on their dietary choices. Include potential strategies for addressing this issue.
4. Explain why it's important for individuals to be aware of the hidden ingredients and additives in processed foods and how they can make more informed food choices.

