

Name _____

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

Short Answer Key

1. Fast food and processed foods are often high in calories due to their high fat and sugar content. However, they lack essential nutrients like vitamins, minerals, and fiber.
2. Excessive sugar consumption from processed foods can contribute to weight gain and an increased risk of developing conditions like type 2 diabetes.
3. Trans fats are artificial fats created during food processing. They can negatively affect cholesterol levels by increasing "bad" LDL cholesterol and decreasing "good" HDL cholesterol.
4. Parents play a crucial role in making informed choices about their children's diets to establish healthy eating habits and prevent the negative impact of fast food and processed foods on their health.
5. Individuals can strike a balance between convenience and health by opting for healthier alternatives, such as whole foods, fruits, vegetables, and lean proteins, and by practicing moderation when consuming fast food and processed foods.

