

Name _____

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

Open-Ended Response Answer Key

1. Answers will vary but may include personal experiences of choosing a healthier meal option at a restaurant or preparing a nutritious meal at home instead of opting for fast food or processed foods.
2. In a scenario where someone relies solely on fast food and processed foods, they might face health problems such as obesity, high blood pressure, and an increased risk of heart disease and diabetes. These issues could be prevented or mitigated by gradually incorporating healthier food choices and seeking nutritional guidance.
3. Advertising plays a significant role in promoting fast food and processed foods to children, often using appealing characters and colorful packaging. Strategies to address this issue may include educating children about healthy eating, encouraging critical thinking about advertisements, and promoting nutritious alternatives.
4. It's important for individuals to be aware of hidden ingredients and additives in processed foods to make informed choices. Reading food labels, choosing minimally processed foods, and educating oneself about common additives can help in this regard.

