

Name \_\_\_\_\_

## Why Do Some Fast Food Restaurants Offer Toys with Kids' Meals?

### Open-Ended Response Answer Key

1. Drawbacks or concerns associated with offering toys with kids' meals may include:
  - Encouraging unhealthy eating habits if the toys are primarily associated with less nutritious menu items.
  - Creating a desire for fast food solely because of the toy.
  - Environmental concerns related to toy waste.
  - To address these concerns, restaurants can offer healthier meal options with toys, promote balanced choices, and consider eco-friendly toy options. They can also provide clear nutritional information to parents.
2. As a concerned parent, steps to ensure a healthy meal while still getting the desired toy might include:
  - Reviewing the menu in advance and choosing a kids' meal with healthier options.
  - Encouraging children to eat the nutritious parts of the meal first before enjoying the toy.
  - Explaining the importance of balanced eating to children and teaching them to make informed choices.
  - Occasionally allowing for a treat, but maintaining a balance with healthier meals.
3. Fast food restaurants can play a role in promoting educational toys and supporting children's learning experiences. Effective educational toys may include puzzles, books, or STEM-related items that stimulate cognitive development. Restaurants can collaborate with educational organizations to choose appropriate toys and provide learning resources to parents.
4. Collecting toys from fast food restaurants can impact children's behavior and preferences positively by fostering a sense of excitement and anticipation. However, it may also lead to a desire for less healthy menu items or create an excess of unused toys. Parents can encourage responsible collecting and help children understand the importance of moderation and balance.

