

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “Fast Food Nutrition”, answer the following questions.

1. What are the six things to look out for when eating fast food?

2. What percentage of American men are considered overweight or obese? _____
What percentage of American women are considered overweight or obese? _____

3. What diseases and conditions can excessive body weight lead to?

4. How are fats hydrogenated?

5. Why were trans fats created?

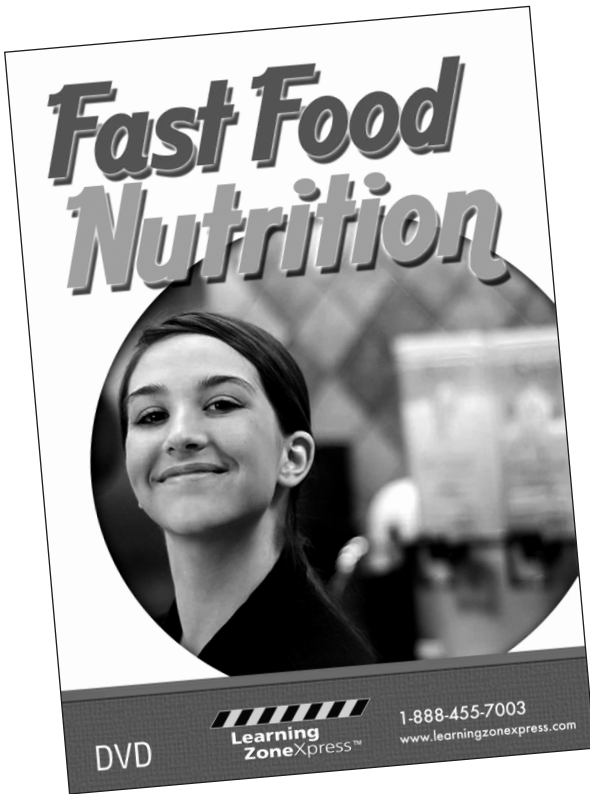
6. Are foods labeled “zero trans fats” actually trans fat free? Explain.

7. What words should you look for on ingredient lists that indicate trans fats?

8. What are some tips to eating healthy fast food?



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TEACHER'S KEY

Review

Directions: After watching “Fast Food Nutrition”, answer the following questions.

1. What are the six things to look out for when eating fast food?

Saturated fat

Trans fat

Sugar

Sodium

Getting enough fruits and vegetables

Total calories

2. What percentage of American men are considered overweight or obese? **71%**

What percentage of American women are considered overweight or obese? **62%**

3. What diseases and conditions can excessive body weight lead to?

Type II diabetes, high blood pressure, high cholesterol, heart disease

4. How are fats hydrogenated?

Oils are heated to over 400 degrees. Hydrogen gas and a metal catalyst are then added turning the fat solid.

5. Why were trans fats created?

- ***They were first believed to be a healthy alternative to harmful saturated fats***
- ***They have a much longer shelf life which lowers costs for consumers and brings profits up for food companies***
- ***They can be used to fry foods again and again without going bad***

6. Are foods labeled “zero trans fats” actually trans fat free? Explain.

The USDA allows companies to say a product has zero trans fats if it has less than .5 grams. Foods labeled “zero trans fats” may actually contain some trans fats, so it’s important to be aware that small amounts of trans fats can add up quickly.

7. What words should you look for on ingredient lists that indicate trans fats?

“Hydrogenated oil” or “partially hydrogenated oil”

8. What are some tips to eating healthy fast food?

- ***Order fruits & vegetables***
- ***Order the small to avoid too many calories, fats, sugar, etc.***
- ***Choose a healthier restaurant like sandwich shops, healthy Asian restaurants, and Mexican restaurants that use fresh ingredients***
- ***Choose foods that are closer to its natural state (such as a baked potato instead of fries)***