

Chapter 4 Test, Junk Food

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. Too much fat in your diet might make you feel tired: True False
2. List one of the clues that tell you whether or not a food is junk food. _____
3. You need some _____ because they help your body absorb vitamins.
4. Fast food restaurants do not offer any healthy foods. True False
5. Is fruit a junk food? Yes No
6. Food that is not useful for your body is called _____.
7. Name one kind of food saturated fats are added to. _____
8. Trans fats are the healthiest kind of fats: True False
9. In a couple sentences, explain what additives are and where they are usually found.

Fill in the blank choices:

Greasy
Junk food
Nutrients
Fried
Butter
Hamburgers
Fats
Lard
Sugary frosting
Cooking oils