

## 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. Eating large amounts of junk food can clog up your \_\_\_\_\_ system, like pipes clog up.
2. After a while, eating larger and larger portions of food makes it hard for people to fill up:  
True    False
3. Name three health problems junk food can cause. \_\_\_\_\_
4. Junk food has little to no:    Taste    Sugar    Oxymoron    Nutrients
5. Empty calories are stored as \_\_\_\_\_.
6. I can never make healthy food choices at a fast food restaurant:    True    False
7. Pick out the oxymoron:    Fast Food    Clear Sky    Down Low    Jumbo Shrimp
8. List two examples of foods that are “supersized.” \_\_\_\_\_
9. Some restaurants may use cheaper ingredients to keep the cost down:    True    False
10. In a couple sentences, describe why people buy and eat so much fast food.

Fill in the blank choices:

Fat  
Diabetes  
Fries  
Obesity  
Sodas  
Short attention span  
Digestive  
Burgers  
Growth problems  
Tooth decay