



Fast Food

Answer Key

- 1^o How many additional calories per day are Americans eating, as compared to 10 years ago? **200.**
- 2^o Approximately how many calories in a 64 oz soft drink? **800 calories.**
- 3^o What kind of fats are commonly used by fast food outlets? **Hydrogenated and saturated.**
- 4^o Is the increased use of fats simply a fast food phenomenon?
If not, describe how fats are being used in other segments of the foodservice industry.
White tablecloth restaurants are showing increased use of frying, for example, fried goat cheese to top their salads, fried herbs, such as fennel or sage, to accompany a thick chop, a dessert featuring fried bananas.
- 5^o Which kind of fat is known as the “hidden” enemy that promotes heart disease? **Hydrogenated.**
- 6^o Describe the characteristics of trans fat.
Through hydrogenation, what actually occurs is an increase in the saturation of the fat. Seed oils such as soybean oil are typically used for the hydrogenation process. Once the oils undergo partial hydrogenation they become more solid, shelf stable and thus better able to resist the oxidation, which occurs as a result of high temperature cooking.
- 7^o Discuss the different fats/oils and their menu applications. Which are more healthful?
- 8^o Develop a menu that features healthier alternatives to typical fast food fare. Include recipes.