



A Student Quiz

- 1 How many additional calories per day are Americans eating, as compared to 10 years ago?
- 2 Approximately how many calories in a 64 oz soft drink?
- 3 What kind of fats are commonly used by fast food outlets?
- 4 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.
- 5 Which kind of fat is known as the “hidden” enemy that promotes heart disease?
- 6 Describe the characteristics of trans fat.
- 7 Discuss the different fats/oils and their menu applications. Which are more healthful?
- 8 Develop a menu that features healthier alternatives to typical fast food fare. Include recipes.

