Do You Like Fast Food?　　Name_____

Graphic Organizer (before and during reading)

As you read, record the advantages and disadvantages of regularly eating fast food.

Advantages	Disadvantages

Do You Like Fast Food?　　Name_____

Multiple Intelligences
Spatial, Verbal-linguistic

Think of your two favourite meals: one healthy and one less healthy. Write the names of these meals in the idea webs below. In the idea web for the healthy meal, write all the positive elements of this food. In the idea web for the unhealthy meal, write all the negative elements of this food.

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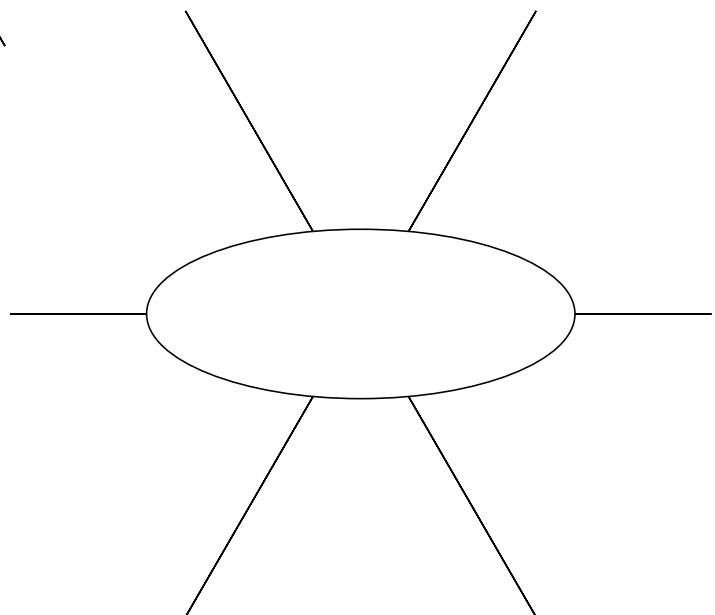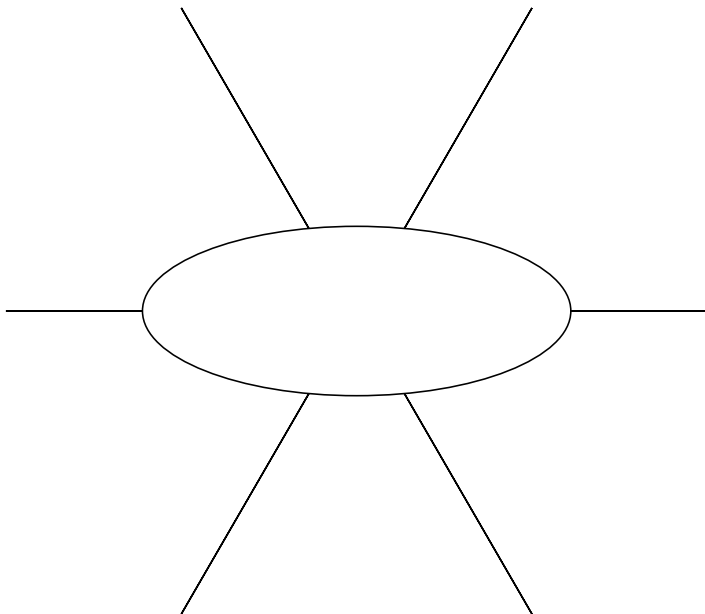
Do You Like Fast Food?   Name_____

⬤ Code Breaker

A synonym is a word with the same or similar meaning as another word. For example, hot/warm. An antonym is a word that means the opposite of another word. For example, happy/sad.

Think of synonyms for:

bully	_____	salt	_____
meal	_____	prepared	_____
nutrition	_____	flavour	_____
obese	_____	male	_____

Think of antonyms for:

bully	_____	healthy	_____
exercise	_____	fast	_____
salty	_____	obese	_____
meal	_____	male	_____

Unjumble the topic words from the book.

fibre	kilojoules	obese	sodium	transfats	vitamins

eseob	_____	rebif	_____	snartftsa	_____
iumdos	_____	snimativ	_____	jouleskilo	_____

Choose two topic words from the book and use them in sentences.

_____

_____

_____

_____

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Do You Like Fast Food?   Name_____

⬤ Meaning Maker

Think of a popular fast food chain that sells food with high fat and low nutritional value. On a separate sheet of paper, sketch a picture showing reasons why people visit these outlets. On the lines below, write some reasons why people visit these outlets.

_____

_____

_____

Choose food items for the table below. Use the table on page 37 to help you.

Healthy	Unhealthy

My favourite healthy food is:

_____

Some unhealthy foods I like are:

_____

Springboard 6

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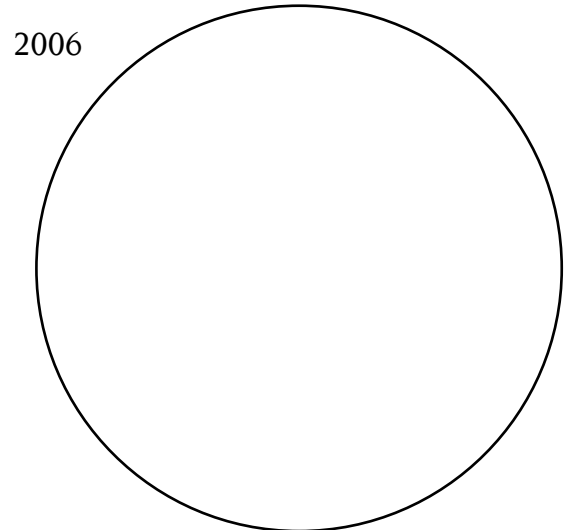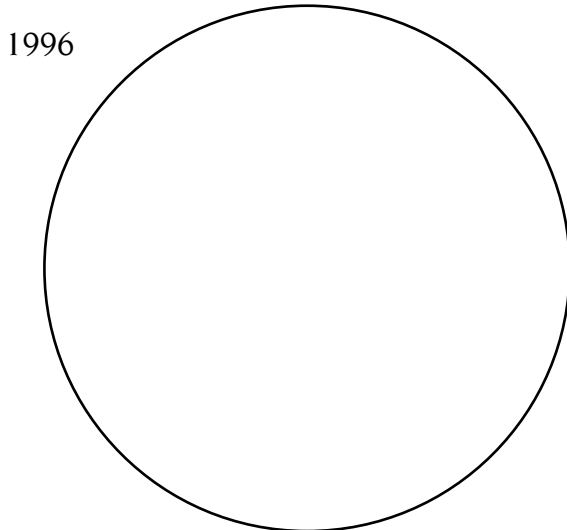
Do You Like Fast Food?   Name_____

◉ Text User

Revisit the graph on page 17. Draw two pie charts to show the obesity levels in men and women for the years 1996 and 2006.

1996

2006

Write a list of all the foods you ate yesterday. Begin with breakfast and work through the rest of the day. Circle the unhealthy foods.

_____

_____

_____

_____

Rate your diet for yesterday:

Excellent: everything was high in nutrition and low in fat
Very good: mostly high in nutrition and low in fat
Good: many more healthy foods than unhealthy foods
Poor: more highly processed, high fat foods than healthy foods
Very poor: lots of highly processed, high fat foods

Things I can do to improve my diet:

_____

_____

_____

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Do You Like Fast Food?   Name_____

⊙ Text Critic

Why do you think there is so much debate about diet and exercise?

_____

_____

Are there fast food outlets that your family visits regularly? Why do you think this is?

_____

_____

What are some fast food outlets that sell healthier choices?

_____

_____

What do some fast food outlets do to attract parents?

_____

_____

What do some fast food outlets do to aim their marketing at children?

_____

_____

Why do you think lots of children like fast food?

_____

_____

How often do you think is reasonable to visit fast food outlets? Why?

_____

_____

Do you think governments should make fast food outlets serve foods that are lower in salt and saturated fats? Why?

_____

_____

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Do You Like Fast Food?   Name_____

Discussion

What did you learn from the following support information?

Idea web (page 6)

_____

_____

Table (page 10)

_____

_____

Table (page 12)

_____

_____

Idea web (page 14)

_____

_____

Graph (page 17)

_____

_____

Pie graph (page 19)

_____

_____

Bar graph (page 23)

_____

_____

Diagram (page 25)

_____

_____

Table (page 37)

_____

_____