The junk food

Junk foods are foods that provide low amounts of nutrients that the body needs and are high in fat, sugar, and salt, elements that the body can obtain in excess very easily. French fries, candy, sauce, hamburger, hog dog, donuts, Ice cream, pizza, popcorn, cakes, and carbonated drinks are junk food.

If you like these foods, the key is to eat small portions to get the nutrients your body needs daily.

Questions

Respond as appropriate

1. Junk food is the food that provides nutrients in the body?

   false ☐ **true** ☐

2. Junk food is high in fat?

   false ☐ **true** ☐

3. What are the elements that the body can obtain in excess very easily?

4. What are the foods that are high in fat?

5. What are the drinks that are high in sugar?

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