KidsHealth in the Classroom

Personal Health Series

Food Labels

Name: **Date:**

Fast-Food Freddy

Instructions: You are Fresh-Food Frankie, writing a letter to your cousin Fast-Food Freddy, who eats nothing but fast food. Explain why eating so much fast food is not healthy. Be sure to:

- compare the calories, fat, and carbohydrate in at least two of his meal choices
- discuss fast-food portion sizes
- explain how Freddy's eating habits might hurt his health and energy levels
- suggest ways Freddy can improve his diet

Dear Freddy:

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Name: **Date:**

Your cousin,
Frankie

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