Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_

**Answer the following questions based off of the articles you read.**

*Why you should avoid fast food at all costs*

1. How many times a week do the majority of people eat fast food?
2. Today, how many cattle are slaughtered per hour at meat packing plants?
3. What accidentally gets mixed into meat to be sold to restaurants and the public?
4. How many people are infected each day with food borne diseases in the U.S.?
5. Until 1997, what were cattle being fed?
6. What ingredient is listed on labels to fool the public into thinking they are eating fresh food?
7. Why should you watch out for bright-red meats?
8. Fast food = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. What organ makes most of our digestive enzymes?
10. Enzymes are responsible for what?
11. Why is it important to eat foods in high natural enzymes?
12. Food that is packaged and processed is almost totally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.