

Study: Many younger Americans eat loads of fast food

By Los Angeles Times, adapted by Newsela staff on 10.07.15

Word Count **267**



Some of the more than 1,000 children skip rope at Hong Kong's Victoria Park during World Children's Day organized by fast-food chain McDonald's on Nov. 20, 2004. Photo: AP/Lo Sai Hung

American children and teens eat a lot of fast food.

A new report measured how much. The government did the report. It found that 1 out of 3 children and teens eat fast food every day.

Out of 100 children and teens, 12 get almost half their calories from fast food. Calories are how people measure how much energy food gives you. Ten children and kids get at least one-fourth of their calories from fast food. Just more than 11 get fewer than one-fourth of their calories from fast food.

Too Many Calories Lead To Weight Gain

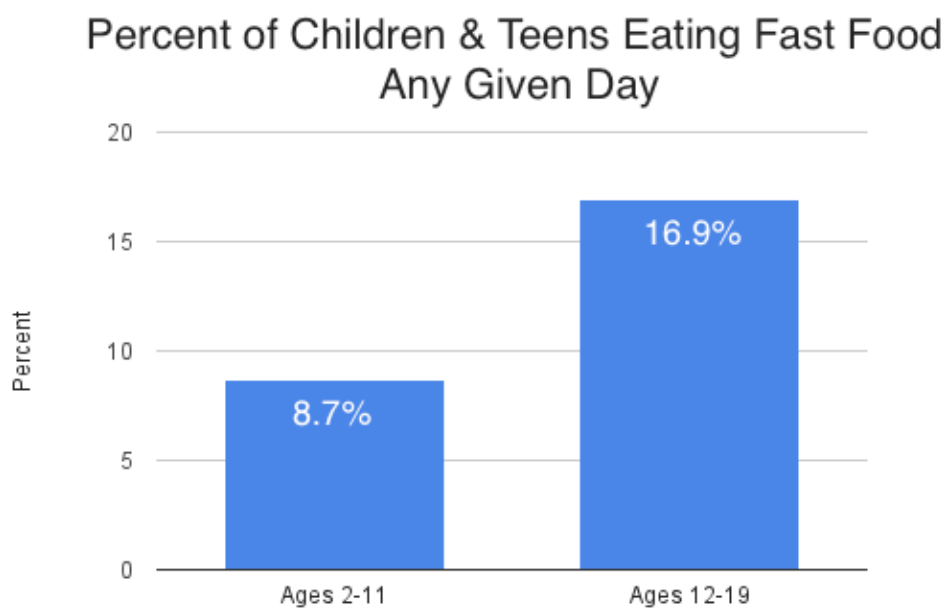
Too many calories make people gain weight. Getting too many calories from fast food can be bad. Fast food might not be as nutritious as other foods.

The government wanted to see if some children and teens ate more fast food than others. It turned out that boys and girls both ate fast food. Poor and rich children and teens also both ate fast food.

Even weight did not have much to do with it. Thin and heavy children and teens got about the same number of calories from fast food.

Older Children And Teens East More Fast Food

Scientists found one big difference, though. Older children and teens were more likely to eat fast food.



Young children were less likely to eat fast food. Nine out of 100 younger children ate fast food each day. They were ages 11 and younger.

For teens and older children it was different. Nearly two times as many older children and teens ate fast food. They were 12 to 19 years old.

Quiz

- 1 Why did the government do the study on fast food?
 - (A) to find out about which kids eat fast food and how often
 - (B) to find out whether fast food is nutritious for kids
 - (C) to find out whether boys or girls eat more fast food
 - (D) to find out the most popular type of fast food among kids

- 2 What is the MAIN discovery of the study?
 - (A) Fast food might not be as nutritious as other foods.
 - (B) Kids of all ages eat fast food.
 - (C) Boys do not eat more fast food than girls.
 - (D) One out of every 3 kids eats fast food each day.

- 3 Look at the chart. How is the information organized in it?
 - (A) by ages
 - (B) by days
 - (C) by boys and girls
 - (D) by fast food and other foods

- 4 Look at the chart. What does the number 16.9 percent show?
 - (A) the number of teenagers who are eating fast food on any day
 - (B) the amount of time people spending eating fast food in a day
 - (C) the number of days each year that teenagers eat fast food
 - (D) the amount of fast food that teenagers eat out of all the food they eat