

Annotated Reading Worksheet

Part I—Critical Reading

As you're reading the story online, look for the orange phrases and click them. Questions, tips, and vocabulary definitions will pop up! Use the space below to gather your thoughts and answer the questions as you come across them.

1. What's one packaged snack food that you crave in this way?

2. What might be the food industry's motivation for such research?

3. What are some factors that might contribute to weight gain or obesity? Check all that apply:

Not enough exercise

Genetics

Lack of knowledge about healthy eating

Portion sizes that are too big

Greater availability of fast-food and processed food options

Healthy food may be more expensive and/or time-consuming to cook

Other _____

4. Think about the last lunch you ate. Which of the foods were processed? Which of the foods were whole foods (foods that haven't been processed or refined)?

Processed:

Whole:

5. Now that you've read this article, think about how it makes you feel about the junk food industry. Does it make you want to eat more or less junk food? Why?

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Part 2— Junk Food Resistance Plan

Now that you've read the story, you're going to think about what you've learned and apply it to the snack food you used to answer Question #1 on the previous page. Depending on your teacher's instructions, you will either pair up to share your answers with a friend, or discuss them as a class.

1. Knowing what you know now, how might this snack be designed to be irresistible? List any tricks or tactics that may apply.

The Snack Food Itself

The Packaging

2. What do you love most about this snack? (Circle all that apply.)

It's cheesy

It's sweet

It's crunchy

Other _____

It's salty

It's creamy

It's easy to grab

3. What is a healthier snack you could have instead, which may satisfy your cravings or your need for convenience? Think about what you circled above and get creative!