


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:*





Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Your cousin,  
Frankie*