



Do Americans Eat a Lot of Junk Food?

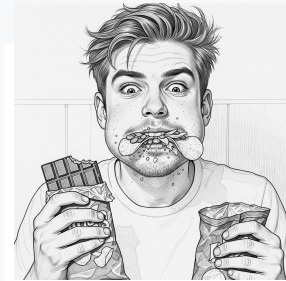
(Basic, A-Level)

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Pre-Reading Activity

- *What do you think of when you hear "American food"?*
- *Do you eat fast food or snacks often? What kind?*
- *Is it fair to say all people from one country eat the same way?*

Many people around the world believe that Americans eat only junk food. When they hear "American food," they think of hot dogs, French fries, potato chips, and soft drinks. They think of someone using a microwave oven to prepare a frozen dinner rather than cooking a healthy meal. Are these ideas true or just a myth?



It is partly true that some Americans often eat fast food, which can be considered junk food. There are many fast food places in the U.S., which sometimes people go to because they can get a quick meal. In addition, snacks are easy to find in supermarkets, gas stations, and vending machines everywhere.

However, the idea that all Americans eat junk *all the time* is untrue. In fact, many people try to eat healthy meals everyday. They eat vegetables, fruit, fish, and grains. They cook at home, and avoid sugary and fried foods. You will even find many health nuts, who only eat healthy, fresh food! They always think carefully about everything they eat.

The United States is a big country with many cultures and lifestyles. Some people love fast food, but others enjoy cooking fresh meals. So, when you hear that "Americans eat a lot of junk food," take it with a grain of salt. It is not the whole truth and, for many Americans, it is not true at all.

People eat differently because of money, time, culture, and lifestyle. Just like anywhere else, many Americans eat well, and some don't. It depends on the person.



Comprehension Questions

Answer the following questions based on the passage. (See [Answer Key](#) for the answers.)

1. What myth about American food do many people believe around the world?
 - a. Americans spend too much money on snacks.
 - b. Most Americans eat healthy food.
 - c. American food is mostly junk food.
2. What examples of junk food are given in the text? (**Select all that apply.**)
 - a. potato chips
 - b. tea
 - c. French fries
 - d. soft drinks
 - e. chocolate
3. The writer uses the expression “take it with a grain of salt.” What does it mean?
 - a. You need to add more salt.
 - b. Forget about it.
 - c. Do not believe it completely.
4. According to the passage, what can you say about Americans who try to eat healthy meals?
 - a. They cannot spend too much money on food.
 - b. Some of them are even health nuts.
 - c. They can’t always eat healthy meals because they don’t have time to cook.
5. What is a “health nut” as it is used in the text?
 - a. Someone who does not care about the food they eat.
 - b. Someone who thinks or worries about healthy food all the time.
 - c. Someone who eats unhealthy food.
6. Americans rarely eat fast food.
 - a. True
 - b. False
7. You cannot say Americans eat one kind of food or another because the United States is a big country with many differences.
 - a. True
 - b. False



8. According to the passage, the myth that Americans eat a lot of fast food is completely wrong.
 - a. True
 - b. False
9. One reason Americans sometimes don't eat a healthy meal is that they do not have time to cook.
 - a. True
 - b. False
10. What is the main point the writer tries to make in the text?
 - a. The myth that Americans eat a lot of junk food is mostly correct.
 - b. Americans need to learn to cook their own meals so that they can be healthier.
 - c. Just like anywhere else, many Americans eat well, and some don't.

Vocabulary Lesson, Vocabulary Quiz, Listening Practice, and Listening Comprehension Quiz



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Thank you! 🤙👍



Answer Key

1. c. American food is mostly junk food.

This question is about what people around the world believe about American food. The writer is discussing the myth that Americans only eat junk food or that they eat it all the time.

2. a. potato chips, c. French fries, d. soft drinks

The text does not mention chocolate or tea; in fact, these are generally not considered junk food.

3. c. Do not believe it completely.

When you tell people to “take it with a grain of salt,” you are saying they should not believe the information completely. The information is not completely true or there is more to it.

4. b. Some of them are even health nuts.

The writer says that many people try to eat healthy meals every day and that some are even “health nuts” who always eat healthy fresh food.

5. b. Someone who thinks or worries about healthy food all the time.

When you say someone is “a nut,” it means someone is crazy or obsessed about something. A “health nut” is someone who thinks about their health a lot. In the text, a health nut is someone who wants to eat healthy foods only.

6. False

Some Americans often eat fast food, but others are careful about what they eat.

7. True

According to the text, “The United States is a big country with many cultures and lifestyles. Some people love fast food, but others enjoy cooking fresh meals.”

8. False

According to the text, the idea that Americans eat a lot of junk food is partly true, but you cannot say that all Americans eat junk all the time.

9. True

Time is a reason people sometimes do not eat a healthy meal. The writer wrote, “People eat differently because of money, time, culture, and lifestyle.”

10. c. Just like anywhere else, many Americans eat well, and some don't.

The last paragraph summarizes the passage well: “People eat differently because of money, time, culture, and lifestyle. Just like anywhere else, many Americans eat well, and some don't. It depends on the person.”



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