

THE DANGERS OF FAST FOOD (ШКОДА ФАСТ-ФУДУ)

Демченко Д.С., гр. МВ-23

Науковий керівник – ст. викл. Ков'ях І.І.

Харківський державний університет харчування та торгівлі

Популярні заклади фаст-фуду поширюються з космічною швидкістю. Доступні гамбургери, бутерброди витісняють здорову домашню їжу. Можливість швидко перекусити – зручно, але дуже шкідливо.

Modern life runs so quickly that people often don't have enough time to eat. Lots of people think that fast food is the best solution in this situation. That's why fast-food chains have become so popular. They provide simple menus, which usually contain French fries, hamburgers, sandwiches, salads, milk cocktails, brownies and else. Perhaps the most famous fast-food chain is McDonalds. People like having food which is cooked beforehand and served quickly. However, doctors all over the world find fast food rather unhealthy. They say that fast food contains many calories, lots of fat and just a few vitamins. They also say that eating fast food every day leads to overweight and stomach problems. Luckily, people today are more health-conscious than before and they realize that eating lots of fast food can be dangerous. Children are also among those who like fast-food chains. They especially like getting toys with their meal. McDonalds was the first restaurant to use this strategy. Fast food restaurants, such as McDonald s, produce many advertisements to try to sell out their products.

Others avoid eating fast food because it can lead to the following health problems: high blood pressure, heart diseases and obesity. What is more, in fast food restaurants we order a lot of fizzy drinks like Coke, Pepsi, Sprite and others. On the one hand, these drinks are very tasty, on the other hand, they are very unhealthy. For example, one little can of cola contains 10 teaspoons of sugar – a maximum dosage for one day. No wonder cola-lovers are so corpulent.

The question about fast food always brings up many opinions. Some people state that it's not bad at all. Usually those people have lots of work to do during weekdays and fast food is a good idea for lunch.

Fast food is an easy solution for people on a busy day. But we should not eat it too much. Every time we drop into fast food restaurants we'd better order vegetable or fruit salads. Food may heal or kill you. It's up to you.