

Fast Food Restaurants good but bad

Hot dogs, hamburgers, French fries. Chicken nuggets, frozen pizza fizzy drinks. Kids love this food but sadly it is often really unhealthy.

What is fast food and why is not so good for our health?

"Fast food is fast because it is prepared in advance in large quantities and kept warm or reheated and then served quickly to a large number of customers. Additives are often used to preserve freshness and improve taste. This reduces the nutritional value of the original food. The result is a product which is high in sugar, salt and fat. That is why it is called "junk food". If you eat it regularly you risk obesity, high blood pressure and other serious health problems.

For this reason many people want big companies to stop targeting children in their advertisements and they want them to make the food healthier.

As a result some large fast food chains now have salads and fresh fruit salad on the menu, and McDonald's includes nutritional information on its packaging. But the really popular food – hamburgers and hot dogs - still contain harmful ingredients and little kids still get an attractive free toy when they order a "Happy Meal".

In the UK the British government has banned fast food from school canteens but in the USA some big chains offer money to schools to help them buy sports and computer equipment in exchange for selling their products in the school cafeterias. So why do people continue eating in fast food restaurants? For young people they are informal places where the food is tasty and cheap and portions are large. For families it represents a quick and easy meal in a place where children are welcome and happy. Young people travelling abroad without much money can easily recognise a fast food restaurant and they know what food is on the menu even if they can't speak the language.

Right, Wrong or Doesn't say?

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| 1. In fast food restaurants food is prepared immediately after being ordered. | R | W | DS |
| 2. Fast food is called "junk food" as it is high in sugar, salt and fat. | R | W | DS |
| 3. Fast food chains often target their advertising at young children. | R | W | DS |
| 4. You never find salad and fresh fruit in fast food restaurants. | R | W | DS |
| 5. British kids eat fast food at school. | R | W | DS |
| 6. Fast food restaurants in the USA are used by people of all ages for breakfast too. | R | W | DS |
| 7. It is difficult to find a fast food restaurant when you want to eat something quickly and cheaply. | R | W | DS |
| 8. There are often fast food restaurants near stations. | R | W | DS |

Personal answers.

1. How often do you go to a fast food restaurant?
2. Do you go with your family or your friends?
3. Do you ever buy a carton of chips on your way back home from school?
4. Have you ever collected toys given in some fast food chains?