

- **nevertheless**
- **to avoid**
- **to do much harm**
- **protein, vitamins and minerals**
- **to Contain cholesterol**
- **fatty plaque**
- **to clog the arteries**
- **a heart attack or a stroke**
- **Calories**
- **chemical additives**

- **artificial sweeteners**
- **to consume - поглощать**
- **diabetes, cancer and tooth decay**
- **Ubiquitous -распространенный**
- **to threaten**
- **overweight or obese**
- **to affect our health**
- **saturated fats – насыщенные жиры**
- **healthy, balanced and well-apportioned meals**

# **FOOD**

**Some people say that  
fast food has a bad  
effect on our health**

- **Fast food restaurants like McDonald's serve millions of people in more than 100 countries each day. Fast food is very popular, especially among teenagers. Nevertheless, is such food healthy or should we avoid it? es**

- **In my opinion, fast food does much harm to people's health. Firstly, such food is low in protein, vitamins and minerals. Secondly, fast food contains a lot of cholesterol. Cholesterol causes the production of a fatty plaque that clogs the arteries, which can lead to a heart attack or a stroke. Thirdly, fast food is high in fat, sugar and calories and full of chemical additives.**

- **For example, a can of Coke contains about eight teaspoons of sugar and artificial sweeteners. *People who are used to consuming several cans a day may suffer from diabetes, cancer and tooth decay..***

- **On the contrary, many people like fast food because it is tasty, cheap and ubiquitous. Besides, fast food can be prepared and served very quickly, so going to fast food restaurants helps to save time and money**

- ***However, I still believe that we should avoid 'junk' food because those who like it are facing a serious problem threatening their health. They may become overweight or obese, which can lead to heart disorders and other health problems.***



- ***To sum up, the food choices we make every day affect our health. We should avoid food that is rich in cholesterol, added sugars, salt, and saturated fats. If we want to stay healthy and to be in good shape, we should choose healthy, balanced and well-apportioned meals***