

FAST FOOD



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Fast food is a kind of dishes that can be cooked and served within several minutes: pizza, hamburgers, cheeseburgers, hotdogs, shawarma, french fries, doughnuts, pan-cakes, chicken and fish nuggets etc.





“Fast food” was first mentioned by a publishing company Merriam-Webster from the United States of America in the middle of the last century (in 1951).



Nowadays perhaps the most famous fast-food chains are McDonalds, KFC, Burger King, pizzerias: Dominos, Papa Johns, Sbarro etc.



This place is rather popular among children and grown-ups.



Fast food restaurants usually have a walk up counter or drive-thru window where you order and pick up your food.





Fast food contains many calories, lots of fat and just a few vitamins. Eating fast food every day leads to overweight and stomach problems. That is why it is a big risk to eat such dishes every day.

In my opinion, it could sometimes be eaten only as an exception (for example, while meeting with friends).



Many fast food chains are changing their menu so there are more healthy options to choose from. For example, some chains no longer serve foods with trans fat and have menu items that contain fruits and vegetables. If you're having fast food more than once a week, try to make healthier choice.



We are for the healthy lifestyle !!!



Be healthy and happy!





See you!