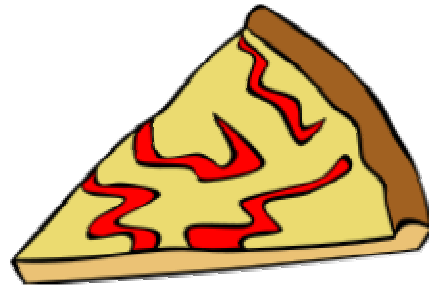


# Fast food

Nowadays, **fast food** is very common with children, teenagers and adults. Everywhere you go, you can get fast food.



It is very popular, because you can have a "full" meal, with drink, fries and meat which is not very expensive. But **fast food** can be related with bad eating habits, because when you eat a **fast food** menu, you are eating about half of the daily recommended calories in just one meal.



Why is **fast food** cheap? It is usually made with cheaper ingredients that have unhealthy fats. The quality of the ingredients is worse and they have less or worse nutrients than other foods.

**Fast food** is usually high in calories, cholesterol and fat. That is why nobody should have it as an "everyday food".

Eating too much **fast food** can lead to health problems, such as hearth disease or obesity.

But this problem has an easy solution. **Fast food** can form part of your meal plan if you want, but consuming it with moderation and responsibility. Remember that healthy meals and exercise can help your body work without problems.

Answer the following questions:

1. Why fast food is so popular?

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2. What can you do to keep your body healthy?

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3. What can happen if you eat fast food everyday?

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4. Is fast food expensive? Why?

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5. Put a tick on healthy food and a cross on unhealthy food.

hamburgers

vegetables

pizza

doughnuts

fish

milk

ice-cream

cereals

fruit

coke

