

The Fast Food Culture in The World

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Do you think that fast food is becoming more and more popular across the world? Many people nowadays are more likely to have a fast food meal. But do you know the pros and cons of eating fast food?

Fast food is characterized as quick, easily accessible and cheap alternatives to home-cooked meals. First, let's talk about the advantages of fast food. It can help people save time. People are very busy with work or studies nowadays and they often don't even have time to eat their meals. Fast food shops can provide meals quickly. Ordering fast food is also very convenient and there are usually many fast food shops around your home or workplace. Moreover, you can have a wider range of food to choose from. As you can see, there are many reasons why people would buy and eat fast food.

On the other hand, there are also disadvantages to eating fast food. First of all, fast food is unhealthy. Fast food is usually high in fat, sodium, sugar and calories. If people regularly eat fast food, they will increase their risk of developing health problems such as heart disease, high blood pressure and high cholesterol levels. Consumers also do not actually know what ingredients are used to make the food. According to the news, in 2014 McDonald's used some expired chicken meat to make nuggets.

Despite its poor nutritional value and associated health risks, I still believe that the fast food culture will keep growing all over the world as it suits the fast-paced lifestyle of city dwellers.