

Fast Food and Its Impact on Society

Readings and video

[The Effects of Fast Food on the Body](#) – Article

[Global Fast Food Market](#) - Article

[The Disgusting Truth of Junk Food](#) - Video

Discussion Questions

- How often do you eat fast food? Why do you choose it?
- Do you think fast food is addictive? Why or why not?
- In your opinion, what are the biggest health risks connected to eating fast food?
- Why do you think fast food chains are so successful worldwide?
- What do you think about the advertising of fast food to children?
- Should governments regulate fast food more strictly? Why or why not?
- What are some healthier alternatives to traditional fast food meals?
- If you could create your own local fast food restaurant, what would you sell?

Collocations

Fast food chains – large companies that sell fast food

Processed food – food that has been altered for longer shelf life

Convenience food – ready-to-eat or easy-to-prepare food

Obesity epidemic – the growing number of people suffering from obesity

Nutritional value – the amount of healthy nutrients in food

Empty calories – foods that provide energy but little or no nutrients

Drive-thru – a service where customers can buy food without leaving their car

Supersize – to increase the portion size, often encouraged by fast food restaurants

Additives and preservatives – chemicals added to food to improve taste or shelf life

Health-conscious – being aware of and interested in healthy eating

Balanced diet – eating the right amount of different types of food

Marketing to children – advertising food products specifically targeted at kids

Globalization of fast food – the spread of fast food culture around the world

Guilty pleasure – something you enjoy even though you know it's not good for you