Currently, there is a widespread concern regarding the phenomenon that with the popularity of the McDonald’s or KFC, Chinese fast food, like the traditional snack bar, also has fast development. It is definitely an interesting topic for the fast food absolutely ran counter the traditional dietary culture in China.

With the rapid development of modern urban life, fast food has become an indispensable part of modern life. People can see in the central urban area that, since the fast food restaurant starts to open in the morning, there is an endless stream of consumers, especially at noon and in the afternoon. And in some special holidays, such as Valentine's day, children's day, the shop is overcrowded. Some young children happily eat in fast food restaurants under the leadership of their parents; many teenagers also regard fast food as the main part of their diet consumption for the sake of "fashion". In many children`s words, "if you don't eat ice cream and coke for a day, you feel like you're missing something!"

High fat, high salt, high sugar, more artificial additives - this is undoubtedly the biggest feature of fast food. With low fiber food as raw material and adding a large number of seasonings, the consumers who come to dinner eat fast. People do not need to chew too much during the eating process, and they will swallow it in the mouth. More and more people love fast food because of its fast supply, special color, fragrance and convenient eating. Some authoritative experts tell us that what fast food brings to people is not only obesity, high blood pressure, high cholesterol and high blood fat. What's more, it will affect the health of children, especially some immature girls.

Children and teenagers who love fast food not only eat more calories, sugar and "bad" fat than regular food, but also make their intake of fiber, fruit, vegetables and milk less than others. The long-term consumption of fast food will create an increasing number of fat people. If parents don't pay attention to the negative effects of fast food on their children's health from now on, it will not only pose a threat to the children's current health status, but also cause irreparable impact on their future health.

　　To sum up, if we can take some measures like increase fast food's nutritional value and find a balance between these problems. A better life will be not only possible but also inevitable.