

There are some factors why the belief that we have to think twice before deciding to eat fast food because of some health problem. Firstly, the reason make people think so because the society has many sick people such as cancer, obesity, diabetes which is all due to caused by fast food. This make people need to consider carefully before deciding eat fast food. Another reasons make people have to think twice about deciding to eat fast food is that in the fast food contain too much oil, sugar and salt. When people eat too much these substances, they will puts people at risks of deseases so thinking twice before deciding to eat fast food is a good thing to do.



With the second opinion that fast food is a good choice for hectic people. This can be seen too much in today's society because people have to work 8 hours a day and everyone too busy to cook or care about health. Therefore, people usually choose fast food for lunch and dinner because it is fast and delicious which fast factor is put on top. Worker is very busy in a day so they tend to choose to go to sleep instead of eat since for them the sleep is the most important. If they have to choose eat then people also eat fast food because it is cheap, delicious and one important thing is that it has enough energy.