EATING HABITS / EXPERIENCES

MONOLOGUE

* **Fast food vs healthy eating habits**
* **Genetically modified vs organic food**
* **Typical dishes in different countries**
* **A different food experience**

I’ve decided to focus on two areas today. Specifically, I would like to talk about my opinion on how the rise fast-food culture has had detrimental effect on our society their eating habits. To add to that, I’m going to focus on healthy eating and how I believe more should be done to educate people when it comes the benefits of cooking their own meals and why health should be prioritized over saving time.

Secondly, I’m going to touch on the topic of genetically modified food versus organic food, looking in a bit more detail at the advantage sand disadvantages of both. People often say “you are what you eat” and I believe this is true when it comes to fast food versus healthy food.

Now, it is well known that fast food is convenient; it’s not nearly as nourishing as healthy food. As humans we are not designed to eat food that’s crammed with saturated fats such ashamburgers or pizza. If you throw in unwanted nutrients such as salt and other additives on top of that, it really turns into a recipe for disaster.

You also have to take into consideration the fact that frying food also sucks out most of the nutrients that could be present otherwise. Now I know nipping out for a Big Mac might seem like a tempting and easier option, saving you time but the fact is there is always a healthier alternative that can be achieved in the comfort of your own home, and this leads me nicely on to my next point.

For fast food versus healthy food, what it really boils down to for me is education. It’s like the old saying “Give a man a fish, and you’ll feed him for a day. Teach a man to fish, and you’ve fed him a lifetime”.

From my point of view, governments and parents have a huge responsibility to teach young people how to cook healthy meals from a young age, that help fuel the body with the proper nutrients it needs.

When it comes to talking about food in general, a hot debate is that of genetically modified food versus organic food.

A key advantage of genetically modified food is that is it evidently cheaper to mass produce when compared to organic food. This in turn has the potential to overcome a number or troubling issues such as famine in parts of the word where food is scarce.

However, no one can deny that genetically modified food is still in its infancy, so any potential side effects surrounding the chemicals used are still being discovered, and who knows …this could lead to health problems for generations to come. On the other hand, we have organic food. Organic food is known to have less pesticide and fewer things such as growth promoters – and that kind of thing.

In addition to that, organic farming is often better for the environment and the surrounding wildlife, with fewer pesticides benefiting not only humans living near the farms, but also animals as well. What’s more, organic food is, a lot of the time, fresher than genetically modified food as fewer chemicals are used to preserve it.

In conclusion, I strongly believe that it’s up to each and every individual to make a decision when deciding what food goes in our bodies. My only fear is that without proper education, we’ll end up being a generation of obese and unwell individuals who don’t know how to cook and don’t know what is in their food. This combination could be really problematic if nothing is done to educate and inform of the risks.