

Side-effect (n.)

One primary **side-effect** of the over-reliance on fast food is that it weakens family bonds, reducing the invaluable time families have eating together on a regular basis.

Immediacy (n.)

即時性

Precisely because the entire fast food industry advocates **immediacy** and efficiency catering to our fast-paced lifestyles, modern families prefer eating fast food to preparing meals at home by themselves.

Spontaneous (adj.)

即興的

Eating together at home provides the opportunity for **spontaneous** and stimulating conversation without distractions from the outside world.

Perception (n.)

認知

In this case, when dining out gradually becomes an unchangeable habit of the majority of population, people will attach less importance to quality time shared among family members, which, in the long run, will tremendously affect children's **perceptions** of traditional family values.

Greasy (adj.)

膩

For convenience's sake, people nowadays opt for **greasy** and high-sodium fast food at the expense of more well-balanced meals prepared at home.

High-sodium (adj.)

鹹

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Staggeringly (adv.)

驚人地

Due to the **staggeringly** high fat and sugar content in fast food, people who frequently visit fast food chains are subject to obesity and become vulnerable to cardiovascular disease with stroke and heart failure being the most prevalent ones.

Vulnerable (adj.)

脆弱

Due to the staggeringly high fat and sugar content in fast food, people who frequently visit fast food chains are subject to obesity and become **vulnerable** to cardiovascular disease with stroke and heart failure being the most prevalent ones.

Prevalent (adj.)

流行

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Shift (v.)

轉移

Having discussed that our dramatic **shift** from traditional food to unhealthy fast food not only destroys the essence of family gatherings at the dining table but also exacerbates people's health condition, it is my conviction that it is high time we considered the possibility of removing fast food from our everyday lives and took better care of our bodies.