

Advocate (v.)

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.

Aggressively (adv.)

[redacted]

With international fast food companies continuously and **aggressively** advertising their unhealthy products across the globe, the term “fast food” has already been so ingrained in our culture that it has become a way of life for most modern citizens.

Culprit (n.)

Nevertheless, given that traditional food builds the foundation of parent-child relationships and that fast food is the main **culprit** of worldwide obesity, I strongly agree that overly depending on fast food should be limited as it exerts negative impacts on family and society.

Derive (v.)

While many loathe the expansion of fast food chains internationally, there are still some who **derive** benefits from the convenience they bring.

Deteriorate (v.)

On the societal level, citizens' health condition **deteriorates** at an increasingly rapid rate because of the ever-growing popularity of fast food.

Essence (n.)

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.

Ingrained (adj.)

With international fast food companies continuously and aggressively advertising their unhealthy products across the globe, the term “fast food” has already been so **ingrained** in our culture that it has become a way of life for most modern citizens.

Invaluable (adj.)

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.

Loathe (v.)

While many **loathe** the expansion of fast food chains internationally, there are still some who derive benefits from the convenience they bring.

Obesity (n.)

Nevertheless, given that traditional food builds the foundation of parent-child relationships and that fast food is the main culprit of worldwide **obesity**, I strongly agree that overly depending on fast food should be limited as it exerts negative impacts on family and society.