**What is the difference between traditional food and fast food ?**

It is no doubt that increasing fast food consumption has become under fire over the past decade, following by people’ growing concern about health. However, many individuals actually prefer to this kind of food than traditional food. This essay will discuss the main difference betwenn them.

On the one hand, it is observed that the pace of business world leaves little time for a formal lunch meal. While traditional food emphasizes on the flavour, dedicated time and effort that they put into their meal, fast food concentrates on the convenience and reasonable price. Those who are always on the run as well as time-mined customers particularly favouring junk food lead to a high degree of consumption. Another reason contributes to the reason why many people are much keen on fast food is the price. Most fast-food consumers are low-income. If they spend less on the food the choose, they will have money to purchase non-food products like clothes and other needs.

On the other hand, the element that distingishes fast food and the traditional is health problems related to each food. Fast food constitued by numerous persevatives, mostly salt and sugar, accelerates chances of proning to chronic health issues like diabete, obesity. For instance, America where the junk food gains popularity, around half of million people are struggle with obesity. Traditional food, in contrast, is more healthier. This is often linked to carefully selected ingredients by consumers. Moreover, traditional food is not simply a meal, but it also represents social etiquettes and literacy meanings.

In conclusion, based on above reasons. There is huge distinctive between two kind of food.

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It is no doubt that traditional food, is well-known for numerous health benefits, people in the modern life are still engaging junk food more and more. This essay will discuss the main difference between them.

Firstly, the pace of state-of-the-art business world leaves little time for a formal lunch meal. Many people, therefore, eating on their desks or in vehicles while concentrating on their work. For instance, those who are on the run or time-mined people like taxi drivers, office workers are exspecially favour this kind of food. Moreover, fast food constituded by various preservatives, mostly salt and sugar, which can wait around until the consumers are ready to digest. Secondly, it is shown that the main distinctive element between them is their cusines and ingredients. Whereas traditional food emphasize on the flavour and the number of dedicated time that people put in to their meal, fast food, on the other hand, focus on high density of energy that help consumers relieve hunger. However, fast food, without self-regulation and self-discipline consumption, can lead to a wide range of health issues such as diabetes, obesity, heart attack and so forth. According to Amerca health council, the number of people suffering diabetes will double over the next 5 years. Another reason is the price between prepacked meal and traditional meal. As most customer of fast food chains is low-income people. Spending less on the food, the poor, without doubt, can divert their fortune to other non-food products like clothes or daily items, contributing to their confort and quality of life. However, the mean of traditional food should not be underrated. This is often linked to the social and cultural meanings behind the traditional food.

In conclusion, based on above reasons, on the whole. There are numerous reasons why some people side on traditional food, other side on fast food.

Bài sửa

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In conclusion, based on the above reasons, on the whole. There are numerous reasons why some people side on traditional food, others side on fast food.