**Disadvantages and advantages of fast food**

Ví dụ bài này cho vào mind map đc

The proliferation of fast food is gaining popularity recently. Although many individuals are keen on this form of meal, others concern about numerous problems related to it. This essay will discuss both perspectives.

On the on hand, it is observed that fast food has a variety of prominent benefits. Due to its convience and available nearly all around urban city, those customers like office workers, those who are always on the run particularly enjoy this mean of meal. Not only does it relieve hunger but also emphize on the taste and flavour. Moreover, it is common that fast food contains a high degree of preservatives namely sugar, salt, help food wait around longer before consumption unlike bananas or apple slice. Another reason is that fast food is favoured by the poor or low-income people. Thanks to the advent of state-of-the-art gadgets, providers are able to strike a balance between the price and the quality of this food. Jolibee, for example, cater a ready-meal consisting a full-size hambergur, a cold beverage and a small sandwich costs less than ten bucks.

On the other hand, fast food is full of controversy. Those additives put in this food is likely to cause a wide range of health issues. Diabetes, obesity, respirotary problems, heart diseases on the rise. This is often linked to the percentage of fatty and sugar-rich confined in its ingredient. According to recent reasearch made by American health concil, approximately 34,2 million, or 10,5% of the us population are strunggle with dieabetes.

In conclusion, based on above reasons, it is no doubt that fast food has a diversity of pros and cons. However, it seems to me that the cons outweigh the merits.

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The proliferation of fast foods is gainging popularity recently. Although fast foods have brought a wide range of proniment advantages, many individuals worry about an increasing adverse effect on our society. This essay wil discuss both perspectives.

With regard to benefit, it is no doubt that fast food is favoured by many consumers due to its convience. Thanks to the advent of state-of-the-art gadgets, many providers are able to prepare a meal under an astonishing time, followed by a resonable prices.Therefore, those who are always on the run or time-minded people are particularly keen on this form of meal. Moreover, most fast foods are constituded by a high degree of perservatives such as salt or sugar,so customers can wait around until they are ready to eat.

On the hand, it is observed that fast foods are full of controversy. Firstly, they are the major cause of many chronlic heath problems. Dieabe, obesity, heart issues are on the rise because of the high density of choresterol, sugar contained in these fatty foods. Moreover, according to researchs in May 2010 publised by “ National Health concil”, fast foods are likely to cause an addicted-behaviour which is similar to heroine, weed. Another reason is that, fast food poses a huge threat on traditional meal. Many familíes prefer to eat out instead of preparing a meal at their home.Consequencely, parents or caregivers are turned into procrastinators, thus children can not learn the value of tradional meal, followed by numerous social ettiquetes related to.

In conclusion,on the whole, based on above reasons. It is shown that fast food has various mertis, yet the disadvantages seem to outweigh.