**EXTRA READING LESSON 6**

*Hi,*

*Besides some selected reading below, I’d like you to* ***read******more articles*** *(NOT ESSAYS) on the Internet and learn from them following the way we have discussed. Then discuss this topic again when working in pairs using SKYPE. You do this and you’ll* ***make another step in improving your vocabulary, speaking, and writing skill.***

*Best,*

*Nha*

*The negative aspects of fast foods*

-Salt and sugar are the most popular **preservatives** in fast foods. That means food can **wait around** until you get ready to eat it, unlike a banana or an apple slice. Convenience is an important aspect of food purchases. **It’s no wonder** so many people make the choice to buy cheap, convenient food that might ultimately **make them subject to chronic health problems.**

**-**One or more fast-food meals per week **are associated with** **weight gain** and **numerous health problems**.

-The high-fat, high-calorie diet of **consistent fast food customers** could **result in a kind of addiction**. According to a March 2010 study published by "Nature Neuroscience," a high-fat diet **produced addiction-like behavior** -- similar to heroin or cocaine -- in lab animals. If this phenomenon occurs in humans, fast food customers may not be able to stop purchasing and eat the food no matter how high the sales tax rises. A business owner could continue to see strong sales.

-The growth of the fast food industry has, without doubt, **impacted on the eating habits** and the health of many societies around the world. **Diabetes, high cholesterol**, heart and **respiratory** **problems** are all **on the rise** due to **fatty and sugar-rich food.**

**Imposing a higher tax on this kind of food.**

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| --- | --- |
| **Yes** | **No** |
| **-The pace of the modern business** world **leaves little time** for a formal lunch break. Many employees must **eat on the run**, in cars or at a desk while engaged in work activities. This leads to **an increase in consumption** of fast foods and **prepackaged meals.** An increase in sales tax on fast food purchases could begin to change the cultural idea that fast food is **a suitable component of an everyday diet.**  **-In basic economic terms**, **demand** **lowers** as the price for a product increases. Since a higher sales tax rate for fast food would increase the price consumers must pay, product demand would lower **in correspondence to** the **price hike**. As demand lowers, businesses **bring in less revenue** because fewer consumers are purchasing goods from each fast food location. A 20-year study **revealed an 11.5 percent drop** in spending on pizza with a price increase of 10 percent for the 5,115 consumers who participated in the test.  -The extra tax dollars could help **close budget gaps** and **fund public welfare programs** that might otherwise **shut down.**  **-**Higher taxes on fast food and unhealthy foods would help **combat obesity** because in money is often **a big motivator.**  -A high tax on unhealthy foods would make them more expensive, **deterring people from eating** them and becoming obese. They would probably eat out less and **cook healthier meals** at home. This would definitely reduce obesity issues.  -The tax dollars **gleaned from** an "unhealthy food tax" should go towards paying for health care. Making fast food and junk food **less appealing** to parents by **adding a tax on to the prices** would be **a step towards** forcing them to think about what they are teaching their children about the value of food. | -The junk food tax is really just **a tax on the poor.** Without good alternatives for many of our nation’s poor, this simply **raises the prices on the junk food** they consume **without a change in behavior**. Most of consumers of fast foods **are low-income**. When everything they are likely to buy rises in price, they have less money for **non-food purchases**. This reduction in their ability to make purchases makes them poorer. It’s what economists call an **income effect.**  -Consumers will not respond to taxation on junk food by changing behavior, which is **a premise of these taxes.** The only result seems to extract more tax from those people in society that have the least options and the hardest time **making ends meet.**  -Not only does this approach of tax first not work, it **directs our attention away from useful solutions** to the problem. With the desire to **raise revenue through additional taxes**, policymakers forget to actually offer solutions, something that we should be working on. **Policy has to make it easier** for grocery stores to open **in low-income areas**. Consumers need to learn more about healthy diets. The most important change, however, is to simply seek ways to include **lower-income folks in the economy** and raise their overall income, a much more complex, but ultimately more important issue.  -The solution to **large-scale public health issues** is not simple, but we need to understand why those in poverty are making unhealthy choices. Only after finding ways to **integrate good choices into the daily lives** of our fellow citizens can we see **lasting change.**  -Our **freedom of choice** as the public is being **taken away**. It is up to ourselves to decide, basically up to the decision as an individual of society.  -Obesity and being overweight is indeed **part of genetics**, and others may not be able to control themselves with junk food compared to others.  - If we do go with this thing, we will then be **paying double tax** **for** junk food of all things. For example, in Australia, whenever you pay for anything, you have this thing called GST (Goods and services tax). It's basically tax, 10% of the total added to the original amount of whatever you buy.  -Just because junk food is bad for people who suffer obesity, shouldn't mean that everyone who enjoys **the quick, cheap service** fast food offers. People who are always in a hurry, or people **short on cash** may find fast food **an ideal service,** but if it is taxed due to obesity, then it will also affect people who aren't obese.  -People choose to eat fast food, nobody's **holding a gun to their heads** and saying, you have to eat this every day. And what about **the occasional eaters**? Who only eat fast food **once in a blue moon** as **an occasional treat?**  -**Putting a high tax rate on fast food** items would not only take part in **hurting the economy**, it would only affect the **light eaters.** Thistax will most likely not affect the people who already eat fast food too often and are overweight. They already realize that this food is not good for them. |

**Alternative approaches**

-The government needs to stop paying attention to all the **food lobbyists** and do what is right for its people. Cheap fast food and many unhealthy foods that contain unhealthy products are **subsidized** by the governement. The government needs to make healthy fruits and vegetables cheaper so that average people can afford to spend their money purchasing real food instead of food that will ultimately lead them to obesity and **a life on medication.**

**-**Lower the price of healthier foods. Raise the price of unhealthy foods. The money from the tax can go to the farmers to pay for the healthy food that has been lowered. This **evens out** the price so farmers will get their fair share. People will realise that the healthier food is cheaper and hopefully realise it is better for them.