

Fast food.

Nowadays there are a lot of different cousins, and it is also not a secret that everyone can order it sitting at home. I would like to discuss about the loveliest food of young generation - fast food. So let me start with the good characteristics of this food and further we will see it from all the sights.

For the first it delicious and of course fast - you need not waste a time for cooking. Because of it a lot of people think, that it is a perfect way to give up cooking, but we must not forget, that fast food also can harm our health, dew to it high food concentrate which has a lot of harmful additions. As for me, I sometimes eat fast food, but I try to give up eating such products as Coca-cola, crisps and hamburgers. I would not deny and say such words, that I will never eat fast-food, because I am a student and I lead active life and unfortunately sometimes I just even have to eat it, because it helps me not to waste a lot of time and it is not so expensive. Of course, I think about the bad sides of fast-food, but what can I do if the forbidden things are delicious. There is no such thing as a "bad" food. All foods can fit into a healthy meal plan. It's true that fast food is usually high in fat, calories, cholesterol, and sodium, but eating fast food every once in a while is not going to cause you problems. If you eat too much fast food over a long period of time, though, it can lead to health problems like high blood pressure, heart disease, and obesity.

To sum up all things which were given higher, I can only add that all people should make their own decisions and choose which of two ways they prefer the best: to eat fast-food or do not.