



Beef burgers are the world's most popular fast food. You can buy a beef burger in almost every country in the world. When restaurants open on the Moon, burger restaurants will probably be there first! Burgers are not very good for you, so if you like them, eat plenty of fruit and vegetables too.

Ice cream was invented by the Italians. Or was it? Some people think that the Italian explorer Marco Polo got the recipe for today ice cream from China. A typical modern ice cream is less than 1% cream. But it tastes good, doesn't it?



Pizza was invented in Italy. Well, that's only half true. The Italians first put tomatoes on a pizza base 400 years ago. But modern pizzas have cheese too. That idea came from Italians living in America in about 1800. Pizza is not as bad as fast food, but most pizzas have too much salt, and that is bad for you.

Falafels are probably the oldest type of fast food. The Egyptians invented falafels which are made of beans and chickpeas, and they have always been popular in Arab countries. Now they are popular in Europe, Asia and America because a falafel sandwich is healthier than other food.



I. Read and choose: T (True) or F (False).

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|--|---|---|
| 1. Burgers are very good for your health. | T | F |
| 2. An Italian explorer invented ice cream. | T | F |
| 3. There was not cheese on pizzas 400 years ago. | T | F |
| 4. Falafels are made of vegetables and chickpeas. | T | F |
| 5. The text is about the inventions of some fast food. | T | F |

II. Fill in each blank with ONE word from the text.

1. You should eat burgers with plenty of and.....
2. Some people think that Marco Polo got the ice cream from
3. Pizzas have too much, and that is bad for us.
4. Falafels were invented by the
5. Falafels are now in Europe, Asia and America.