

### **'How to build healthy habits'**

The impact of the growth of the fast food **(1)** (company / industry / factory) is having serious consequences on the eating habits and the health of many societies across the world. This is due to the high levels of fat and sugar contained in these types of food. With the rise of people with diabetes, high cholesterol, heart and respiratory **(2)** (signs / medication / problems) this is also causing severe strain on hospitals to treat these medical conditions. So, what can be done to reduce this disturbing trend?

There is a **(3)** (suggestion / disagreement / argument) to introduce higher taxes on these types of food. This from an economic point of view seems like a sensible solution as countries such as the USA, Australia **(4)** (of / and / about) Britain spend a large part of their healthcare budgets on people with diet-related problems. Therefore, these taxes could help to fund their healthcare systems.

However, it is important that we consider, which socio-economic groups **(5)** (are / is / of) consuming fast food as the main source of their **(6)** (lifestyle / diet / meal). Currently, statistics are indicating that lower income groups are eating more of this food than wealthier people. It has been suggested that one possible **(7)** (reason / disagreement / shock) for that is fast food is far cheaper than fresh produce. This is because many governments currently offer large subsidies to farmers, who provide produce for fast food industries, such as corn, wheat and beef. Therefore, farmers can make higher **(8)** (money / cash / profits) on these products rather than on most of the fruit and vegetables, which are not subsidized.

Research indicates that many families wouldn't be able to **(9)** (return / feed / afford) healthier food or pay higher taxes on fast food. For them, fast food is not a choice, but a necessity. In conclusion, imposing a higher tax on fast food does not seem to be the answer. If governments chose to do this, it would only lead to greater **(10)** (statistics / poverty / generosity) and for families to face further hardship.