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FULL NAME :

CLASS :

The Unhealthy Fast Food

Fast food, nowadays, is considered as a normal eating venture. People are not just eating out on special occasions or weekends anymore. It means that all the time they mostly eat fast foods. However is fast food good for health?

Fast food has its popularity in the 1940's. Within a few years, fast-food operations popped up everywhere. With the compelling rise in fast-food restaurants since the 1940's, oddly it started the rise in obesity and cancer during that same time period.

Fast food is highly processed with a wide array of additives. To ensure fast food's low cost, the fast food products are made with highly-processed ingredients to give it shelf-life, to hold consistency, and to enhance flavor. Fast food is altered from its original healthy form.

It is not the calories in fast food which damage health and waistline. It is the chemical additives such as aspartame and MSG (monosodium glutamate). Studies show that the chemical additives lead to weight and disease issues.

So, there is absolutely nothing nutritional about fast food. Fast food simply feeds hunger and craving.

READ THE STATEMENTS CAREFULLY AND CHOOSE TRUE OR FALSE BASED ON THE TEXT ABOVE!

1. **Now people eat fast food all the time**

   TRUE FALSE

2. **Highly processed food is good for our health**

   TRUE FALSE

3. **Consuming fast food can rise obesity and cancer**

   TRUE FALSE

4. **There are many calories in Fast-food and it's good for your body**

   TRUE FALSE

5. **Gado-gado is highly processed food with a wide array of additives**

   TRUE FALSE

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6. **The writer thinks that consuming fast food is great idea**

TRUE FALSE

7. **Chemical additives in Fast food lead to weight and disease issues**

TRUE FALSE

8. **The less you process food, the healthier it is**

TRUE FALSE

9. **The writer concludes that there is nutritional food in Fast food**

TRUE FALSE

10. **Fast food is good for long term consumption**

TRUE FALSE



OR



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