

Fast food: Write P for Peter Swain and R for Rosalind Mack next to the correct opinion. There are two extra opinions which you will not need to use.

1. Some fast food is OK if you eat healthy food, too.
2. Fast food is OK if you exercise.
3. Nowadays, fast food is 100% healthy.
4. Fast food is totally unhealthy.

# Fast food

## How healthy is it?

**It's fast, it's cheap, it's tasty. Everybody loves it!  
But how good is it for us? Here's what two experts,  
Peter Swain and Rosalind Mack have to say.**

Do you feel like a juicy burger? Well, it's OK. Fast food isn't that bad for you. Remember we need protein in our diet to be strong and healthy, and our body needs a little fat, too. Also, eating a few chips every now and then doesn't make you unhealthy. Potatoes are rich in carbohydrates and they give you energy. Just don't overdo it with fried food. For some vitamins, choose a fresh salad with olive oil. Nowadays, most fast food places have salad bars. So, don't avoid fast food completely. Eating too much of it is unhealthy.

*Peter Swain*

Fast food is junk food. It's full of fat, salt and sugar, and it doesn't contain many vitamins. Many teenagers have made fast food an important part of their diet and are overweight. Also, they don't exercise enough, so at some point, they will probably have health problems. Teens need to avoid fast food. They should eat home-cooked meals and lots of salads. They should drink lots of milk instead of soft drinks. Milk and dairy products are rich in protein and calcium and are necessary for healthy teeth and bones.

*Rosalind Mack*

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