

The Bad Effects of Burgers

Written by Natalie Stein; Updated December 12, 2018

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A juicy burger can be an enticing treat for a quick lunch or casual dinner, and you can find a fast-food burger on what seems like every street corner. Despite their deliciousness, however, burgers can contribute to weight gain and have other harmful effects on your health. The healthiest approach is to save burgers for occasional treats and instead select more nutritious alternatives.

Fast food is junk food. It is full of salt and sugar, and it does not contain many vitamins. Many teenagers have made fast food a regular part of their diet and are overweight. Also, they do not 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 proteins and calcium and are necessary for healthy teeth and bones.

I. Read the article and answer T- true or F- false.

1. You can weight gain eating hamburgers _____
2. The burger is a junk food _____
3. The burger has many vitamins _____
4. Teens need to eat fast food _____
5. Teen need toe at home-cooked meals _____

