

# FAST FOOD- FRIEND OR FOE?

Read the text and answer the questions.

## HERE ARE THREE COMMON MYTHS ABOUT FAST FOOD

### Salads are healthier than hamburgers

Did you know that salads can have more calories than a medium-sized pizza? This is because of the cheese, meat, and oil they contain, which are not exactly low in calories. Not all salads are bad and it is true that most of them are healthier than hamburgers and chips, but be careful! To decide which salads are healthy and which are not, simply have a look at the fat, carb and salt contents of the salad you are about to order—that should help you decide if you want it or not! Tip: Always ask for a salad and the dressing separately. That way you can control how much you put on.

### Eating lots of fast food will cause addition

This is a hotly debated topic nowadays. Some people claim that fast food chains are intentionally putting addictive chemicals in their food to make people come back for more. Although the number of people going to fast food restaurants has rocketed over the past few years, this is not necessarily because of any secret addictive ingredient.

### Fast Food is unhealthy and makes you fat

This myth is partially true but not because it is fast food. Any food consumed in large amounts will make you fat. It is also true that most fast food contains high amounts of fat (sauces, cheese and meat), sugar and lots of salt, which encourages you to drink more. If you drink water, then OK, but most fast food outlets sell soft drinks like Coca-Cola, Fanta, etc. These gassy drinks are extremely unhealthy because the soda "eats" away your bones and they don't quench your thirst because they are full of sugar or sweeteners. Even the low calorie drinks are bad for you because of the soda.

#### 1 Salads can be surprisingly high in calories because...

- a. There is too much salt in them.
- b. The quality of the food is poor.
- c. They have hidden ingredients
- d. They can have a lot of fats

#### 2 The author suggests...

- a. not having any salad dressing.
- b. Serving yourself the salad dressing
- c. choosing a different salad dressing
- d. taking low calorie dressing

#### 3. She ... there are addictive ingredients in fast foods.

- a. doesn't believe that
- b. isn't sure if
- c. can't decide if
- d. is convinced that

#### 4. Fast food usually has lots of ...

- a. salt
- b. fat
- c. sugar
- d. all of the above

#### 5 You quickly get thirsty again after a soda because...

- a. It has too much gas
- b. It is sugary
- c. It has too many calories
- d. it doesn't have any water

