

Fast foods restaurants

Family



**ASSIGN
BUSTER**

The paper “ Fast Foods Restaurants” is an exceptional example of an essay on family and consumer science.

I occasionally go to eat at fast foods restaurants. I know that the food they serve in these places is the healthiest food for me or anyone, but it is relatively cheap and very practical. There is nothing wrong with eating at these places. The media in general has made it seem as if fast food restaurant such as McDonalds are evil places because of the fat content of their menu. They try to blame fast foods for America’s obesity problem. In reality the problem comes when people make eating at fast foods a daily ritual. I understand that it is easier to simply go out to eat fast than cooking a home meal, but one must pay attention to our diet in order to stay in good shape. Along with the actual act of eating fast food restaurant serve another purpose in society. People often utilize fast foods as a way to share time with friends and family together. Sometimes due to our busy lifestyles we don’t find the time to eat together in same table with your loved ones. As far as the fast food in the marketplace my favorite fast food restaurant is Taco Bell. I love their tacos and double deckers. Taco Bell is one of the cheapest of all food restaurants which offers a great variety of Mexican meals. The quality of their food is higher than other fast food restaurants. Fast food restaurant are good businesses that provide young people opportunities for employment. Another good thing about fast food restaurants is that a lot of them stay open until late and some are open 24 hours which allows people with odd working schedules a change to get bite to eat after work.