

Free essay on fast food

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The thesis statement in the essay: The fast food industry has been identified as the culprit of obesity due to its hidden sodium, sugar and fat content of the food being served.

Studies have shown that there are at least two out of every three Americans who suffer obesity, and one of the major causes of deaths in America is due to obesity-related illnesses. The author explains that the fast food industry had intentionally been producing destructive foods based on the serving portions, high calories, and excessive limits of salt and sugar.

In the first chapter of the book, the author explains that fast food has become very addictive to many consumers, especially for the young children. Another cause of obesity in America is caused by school cafeterias that serve cheap, unhealthy and junk foods. This is brought about by the contracts entered school boards with food companies for the economic benefit of the schools. These vendor machines sell sweets and damaging snacks to the students.

Based on the conclusion, the author stated that the fast food industry is being blamed by Americans blame for the obesity problem of the nation. Not only is the fast food industry irresponsible for serving unhealthy food, it also encouraged the unethical treatment of farm animals due to the overuse of antibiotics. On the other hand, the author explains that it is up every person to make the right choice and live a healthy lifestyle.

The book is a collection of essays that is explored the different viewpoints of the fast food debate. Many people are addicted to fast foods because they satisfy their cravings for delicious and unhealthy meals. Fast foods are mostly processed and contain preservatives which cause harmful effects to

the body such obesity, high blood pressure, thrombosis, heart attacks among others. Fast foods are readily available for people on the go. The fast-paced lives of Americans influenced them to avail of fast foods because they are accessible compared to healthy foods which take longer time to prepare. Over-all assessment of the quality of the book is very credible and informative. The author was able to compile the collection of ten essays that showed different opinions on various aspects about the fast food industry. In choosing this source, the writer considered the qualifications of the author, who has been a renowned and published author of several young adult books covering topics such as history, culture, and health issues. The author was able to use quotes from other authors to make the source more accurate, credible, and realistic using in-text quotation, paraphrased and sentences. The author of the book is known as Tracy Brown Collins, who is a celebrated and published author/editor of young adult books. The publisher of the book is Green Haven Press and the date of the publication is 2005. The information contained in the book was intended to inform, and educate the audience about the debate on the fast food industry. The author's intention was not merely to entertain or sell because she was able to enlighten the readers of the effects of fast food in the human body. The sources that were used by the author consist of factual information which can easily be verified. After reading the book, I did not encounter any grammatical and typographical errors. Finally, there were also research studies and statistics that were found in the book for a more accurate presentation.

Works Cited:

Collins, Tracy Brown. Fast Food. Farmington Hills, MI: Greenhaven Press, 2005. Print.