

# [Advantages and disadvantages of fast food](https://assignbuster.com/advantages-and-disadvantages-of-fast-food/)

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Fast foodis the term linking to thefoodis prepared and served quickly. It is a fact that there Is a rapid rise In the number of Mc Donal , KFC , Bugger King.... restaurants over the world as a obllvlous evidence for the hot trend of ready-food In fast-paced and sedentary life. However, like everything, it has its own pros and cons. The most demonstrable advantage of fast food is saving time. In today'modern life, people feel comfortable and convernient when they order a pizza or bugger after a hard and late work instead of spending a lot of time to cook the meal .

Moreover, some fast food companies also establish a quick widow in their restaurant to help drivers buy and take away this food easier. To some extend, cost also consider a benefit of fast food . In reality, a single one can pay a small amount ofmoneyfor a meal with fries or bread and soda while a wholefamilyhas a bigger expense. Furthermore, fast food does raisehealthconcern, however people can chose good foods in menu in restaurants such as : salads , boiled chicken and fruit drinks.

These smart choices not only save time but also provide nutrient food. Usually , fast food has higher calories , salt and additives than home cooking food. That leads to several healthy problems . One of them Is very dangerous-cardiovascular disease. Other serious worry Isobesitywhich Is on a rise In some rich countries Ilke America, England , Australia... Regarding to the NBER Bulletin on Aging and Health , fast food effects the obesity rates of 3 millions school children and weights gain over 3 millions pregnant women.

Beside adverse effects on health, fast food also contributes on spending less and less time or members of family coming together. Because the home meal is long enough to talk and share experiences and teenagers tend to hangout with their friends and peers In fast food centers Instead of with their family. In conclusion , there are many debates amongadvantages and disadvantages of fast food. People can not deny that it saves time and makes fast-paced life more convenient but citing several points of its drawback also awake young generations avoid healthy problems and imbalance of modern life.