

Hotel management



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Fast food restaurants are increasingly servicing food that affects the health of their s. s, themselves, seem to be fascinated with the wide variety of foodstuff that these restaurants are serving, not knowing that they slowly by slowly, they are soiling the health status. A majority of obesity cases reported in hospitals arise due to the food a patient eats in a restaurant (Mueller 23). A majority of people eat, daily, in the restaurants without taking any organic food. Considering that restaurants are just normal businesses, they also have to make the profit needed in a normal business and; therefore, it is essential for them to sell the type of food, which a majority of consumers like (Mueller 23). This paper will discuss some of the issues circulating the controversy of whether restaurants should be profitable organizations or healthy nutritional organizations.

Some of the issues that are deliberated when setting up a restaurant are the profit of the whole organization, attracting numerous customers, overcoming the competition barrier and the fame of being a renowned chain restaurant. It is extremely hard to find a healthy snack in a café since it is harder for the restaurant to create any money on vegetables and fruits, and because healthy food is not why consumers dine out (Mueller 24). A new study linking numerous chain restaurants confirms that menus are designed for the bottom line, not a customer's belt line. Restaurants want to bring in more clients and make better earnings. That conclusion might not be above all surprising, bearing in mind that profits drive every company. Even though, senior restaurant supervisors who took part in the research said that healthy food is a key option, there restaurants still sell junk food. According to Mueller (26), if restaurants put something on the menu that is the healthy, then it is the kiss of death. Giving healthier menu items is similar to putting

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lipstick on a pig. Consumers might go to restaurants where healthier foods are served, but they frequently wind up consuming the same old stuff. Also, with regards to attracting diverse customers, restaurants regard obesity as a person's own decision. A lot of people eat the food, which is served in these restaurants, and do not become obese. However, those who just choose to eat without exercising are the people who turn out to be obese. This is not a matter which restaurants could be blamed for. Even though, it is there food, which makes a lot of people obese, it is up to the consumer to exercise on a regular basis. According to a majority of restaurant managers, selling these types of food would be considered a malicious act if forcing someone what to eat is illegal (Mueller 24).

Also, with regards to overcoming competition, restaurants want to attract a lot of customers (Mueller 25). Therefore, selling these types of food is the best option that will make them overcome the competition being experienced in the food industry. It is true to argue that a majority of individuals who prefer to eat out go for junk food. It is the consumer's preference and restaurants and their business tactics cannot be blamed for this.

Work Cited

Mueller, Eric. "Hotel Management: What is a healthy ratio of food & beverage revenue to room revenue?" *The American Journal of Commerce*, 23. 5 (2012): 23-26.