

Reflection 10

[Linguistics](#), [English](#)



Reflection 10 The first thing that appeared to be new for me is that it is not only away-from-home food which is the cause of the rising levels of obesity in the country as well as in the world. The majority of the sources on this serious issue repeat again and again that fast food is the main root of the problem. Personally, I have always thought that home food is not only tastier but healthier and better for one's health as well. *The Joy of Cooking Too Much* by Wansick and Payne reveals I am so wrong. Home-made warm chicken salad, pasta and even cookies have always been a standard of healthy food for me for they are cooked at home; now the stereotype is broken, and I hope it is for good.

I was also surprised to know how much people are influenced by the marketing ploys when it comes to our choices. Of course, I was aware of the fact that such things as advertising do work but I have never thought they are so powerful. Now, it appears that we live in the society, in which it is products that dictate what we actually want to buy, not our free will. This results not only in the growth of consumerism but in some kind of turning people into zombies for the sake of money a group of wealthy guys plan to earn out of our indifference. This fact is pretty scary, especially if to delve deeper into it.

Work Cited

Hollands, Norman. Pile of Spaghetti on a Plate. N. d. Photograph. Getty Images. Web. 23 Nov 2014. .