

American children addicted to fast food



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Number American Children Addicted to fast Food Fast food outlets are increasing at a tremendous pace in America and other countries worldwide. Fast food is a very common choice of food for especially the young generation of any country. Fast food is one of the most favorite foods preferred by children as it does not contain many spices and appeals to the taste of children. The effects of fast food can impact the children on a long term basis and therefore it is important that the habit of the intake of fast food should be avoided by children.

American Children are getting addicted to fast food as it is becoming one of their usual habits and likes for having junk food most of the time. There are many types of fast food outlets that are providing the consumers with burgers, soft drinks, French fries and other such types of items that are considered as non-healthy. Some popular brands of fast food outlets are McDonalds, KFC, Burger King, Hardees and other such types of outlets. The reason why the young generation gets attracted towards the fast food outlets are they like hanging out with friends and partying all the times, fast food items are available almost everywhere and it is also inexpensive. Students are able to buy the fast food with their pocket money.

In school canteens if we observe, majority of the items sold to students are of junk food and unhealthy items such as chips, fries, burgers and other such items. These types of unhealthy food affect the ability of the child for attaining proper nutritious food. Due to constant intake of fast food, the consumers and especially students may have to face situations of malnutrition.

Unhealthy food has a lot of consequences. It affects the health very badly for both young and old consumers. Unhealthy diet tends to be the cause of

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many diseases that an individual may have to bear due to unhealthy eating lifestyle. Fast food products use a large quantity of oil and as we know fried food is not good for the health.

The constant use of fast food products by students tends to make them habitual of constantly enjoying fast food and they develop this habit at their adulthood level as well which is not a good sign at all. Fast food may lower the self esteem of an individual as these types of food may make a person feel too full to think actively or do anything active for that matter.

Therefore, as we can see many side effects are present for having fast food products by children and especially in America as we know a huge amount of fast food products are consumed by the children. The children may suffer from malnutrition, they may tend to develop a low self esteem in themselves and if the habit of constant intake of fast food develops in the children, they may carry it on till their adulthood which can prove to be very dangerous for the health.

Works Cited

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