

# FAST FOOD – PROS AND CONS

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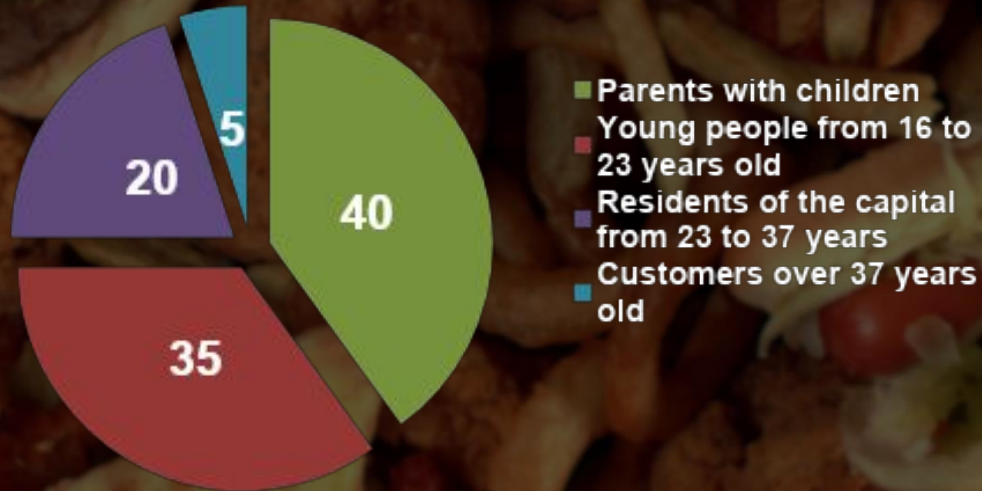
# FAST FOOD

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It has long been a part of modern culture. Someone cannot imagine life without this and someone is against such food. Fast food is a controversial thing and it has its pros and cons



Studies have shown that the majority of people who eat fast food are **young people**





# REASONS WHY PEOPLE LOVE **FAST FOOD**

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Tasty

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Quickly

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Convenient on the road

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Availability

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Hearty

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Cheap



No one will deny that fast food is delicious. But we must not forget that this taste is caused by artificial additives. You should always control the consumption of such food

**EVERY FIFTH PERSON IN THE  
WORLD DIES PREMATURELY  
DUE TO MALNUTRITION!**



# DISADVANTAGES OF FAST FOOD

A man in a grey t-shirt is shown from the waist up, holding his right hand to his stomach, indicating pain or discomfort. The background is dark and out of focus.

**HARMFUL**

A man in a white tank top is holding a very large sandwich filled with meat, cheese, and vegetables. He has a concerned or overwhelmed expression on his face.

**HIGH-CALOR**  
**R**

A close-up of a fast-food meal on a tray, including a large burger, a cup of fries, and a small container of sauce. A person's hands are visible in the background.

**EXPENSIVE**

A close-up of a metal tray filled with fried chicken pieces, likely in a commercial kitchen setting. A person's hand is visible in the foreground.

**POOR**  
**QUALITY**



# **FAST FOOD IS ADDICTIVE BECAUSE IT CONTAINS:**

- a lot of fats and carbohydrates
- high cholesterol
- excessive spices and salt
- preservatives
- food additives and dyes
- flavor enhancers





...but there are practically **no** vitamins  
and minerals, so you can't make fast  
food your daily meal



# MOST PART OF FAST FOOD IN MOSCOW – BURGERS AND PIZZA



Israel has the lowest mortality rate associated with malnutrition - **89** cases per 100 thousand people annually. In Uzbekistan, this indicator is the highest - **892** deaths per 100 thousand people annually

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**IF YOU WANT TO BE HEALTHY AND  
LIVE LONG, IT IS NECESSARY TO  
CONTROL YOUR DIET**