



FAST FOOD – PROS AND CONS

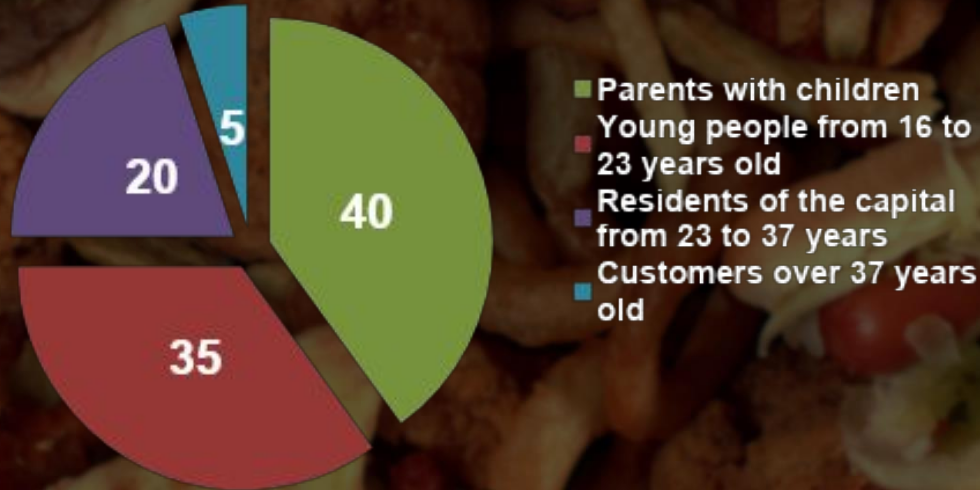
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FAST FOOD

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 it's pros and cons



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



REASONS WHY PEOPLE LOVE **FAST FOOD**

Tasty

Quickly

Convenient on the road

Availability

Hearty

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



HARMFUL



**HIGH-CALOR
R**



EXPENSIVE



**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

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