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English 101

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Personal
example?

Title: Fast Food: Not Everything That Tastes Good is Healthy

Introduction: There was a story that was run by New York Times that about thousands of people who die daily due to fast food. When I read the story, I learned that it was exaggerated, but the information that the article contains was very important. Despite the effort by the health experts trying to discourage the people from taking fast foods, the people continue taking it because of certain reasons such as cheap and easily available. The problem of taking fast food is continuing to affect many people's health. As people who want to live a healthy life and other people to have good health, they should be concerned about the dangers posed by fast food to human health, and they should be aware enough in order to stop consuming the unhealthy fast food.

Thesis statement: People should stop consuming ~~the~~ unhealthy fast food because of the harm it causes ⁱⁿ the long term.

in person's body

Body

Reasons why people eat fast food:

- I. People eat fast food because of several reasons
 - A). It is convenient to find fast food
 1. Fast food restaurants can be found everywhere, which makes it easier for the person to go the restaurant that is next to his house.
 2. It can also be convenient to people who do not know how to cook, or do not have the time to cook.
 - B) Inexpensive
College students like it because it can help them to save money for college tuition.
 - C) It usually tastes good

II. The consequences of eating fast food are:

a) It causes ~~a lot of~~ diseases

1. Erich Schlosser in his book *Fast Food Nation* indicates that, "Every day in The United States, roughly 200,000 people are sickened by a food borne disease, 900 are hospitalized and fourteen die (Schlosser).

b) It is the main cause of obesity in U.S

1. Fast food is generally more fattening than other foods and has become integrated into American lifestyle.

c) Some of the fast food restaurants acquire their meat from slaughters that treat animal cruelly, some of the animals that are slaughtered carry diseases, like mad cow disease that infects the beef fast food restaurants buy. This meat can cause diseases for those who consume it.

Conclusion

Summary statement: in summary, the danger of eating fast foods is real. According to the health practitioners, 90 percent of what causes obesity in U.S is fat foods; chronic diseases such as diabetes, heart disease, high blood pressure, and strokes result from obesity. Fast food consuming is a problem that is growing very fast and if all the citizens take the responsibility of eliminating it by avoiding the food we will have a sick nation in future.

Work Cited

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