

FAST FOOD

WHAT IS FAST FOOD AND WHY IS IT SO POPULAR?

- It is food that can be prepared and served very quickly.
- Fast food includes hamburgers, sandwiches, fried chicken, French fries, chicken nuggets, pizza, kebab, hot dogs, ice cream.
- A typical fast food meal in the United States includes a hamburger, french fries and a soda
- The most popular fast food restaurants are McDonald's, Burger King and Pizza Hut.
- Fast food restaurants are popular, because they serve filling food that taste good and doesn't cost a lot of money
- Fast food restaurants usually have a drive window where you order and pick up your food. For example: McDrive
- Fast food is more popular among young people. They often go to McDonald's with their friends. For little money and in a short time you get a tasty meal.

WHY DO WE EAT FAST FOOD?

- People return from their jobs late in the afternoon. They often don't have time to prepare a healthy meal. They go to a fast food restaurant, where they eat the meal or take it home.

WHY IS FAST FOOD SO CHEAP?

- Because it's often made with cheaper ingredients such as high fat meat and added sugar and fats

IS FAST FOOD BAD?

- The answer is YES, fast food is bad for our health. Fast food is usually high in fat, calories and cholesterol
- If you eat a lot of fast food, that isn't healthy
- If you eat it too much, you become fat and soon loose all your muscels (if you have any)
- Too much fast food can lead to real health problems such as high blood pressure and heart diseases and obesity.
- But if you eat fast food, it is better to eat it only once or twice a MONTH. If you don't eat fast food you will be much healthier.

FAST FOOD CULTURE IN SLOVENIA

- Fast food culture in Slovenia was started in last 15 years, It came to us with McDonald's restaurants and with fast life style
- McDonald's has 15 restaurants in Slovenia. It has one in Celje too.

FACTS ABOUT MCDONALD'S

- If you eat in McDonald's you don't fill yourself up, you are still hungry. For example: Big Mac Menu cost 4.50€, you(above boys) have to eat at least three Big Mac menus to be full
- McDonald's is located in 126 countries and on 6 continents and has over 31.000 restaurants in the world
- McDonald's restaurant in Moscow is the busiest in the world. The largest McDonald's restaurant in the world is located in Florida.
- McDonald's is located at gas stations, bus stations, train stations, , in shopping centres, at schools and in hospitals too! McDonald's is almost everywhere.
- If you have too much time at home, then you have to watch a movie: Super size me. It's a documentary film which talk about an American man who eats breakfast, lunch and dinner at McDonald's for a whole month. After you watch this movie, I think you will change your mind about McDonald's and fast food.

WORDS FOR EXPLAIN:

DRIVE WINDOW- prodajalno okno, kjer naročiš kar iz avta

HEART DISEASES – srčne bolezni

FILLING FOOD – hrana, ki te napolni vendar ne nasiti

HIGH FAT MEAT – meso z veliko maščobami

HIGH BLOOD PRESSURE - visok krvni pritisk

(OBESITY- debelost, prekomerna telesna teža)