Causes And Effects Of Fast Food

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Abstract: Fast food affects our life in many aspects. In fact, There are many reasons that have been shown why people continuing eating fast food while they knew about its negative effects on their health and family because of eating fast food. The commercial advertisements play a major role in consuming fast food. In this research, I will focus on causes and effects of eating fast food.

I. Introduction

Thesis Statement (Even though the fast food is a major part in our present life due to some factors such as the style of life, value and the huge commercial advertisements, fast food has a serious negative effects on our health and family). The phenomenon of fast food is growing quickly. Almost no street of ours is free from one of the restaurants that offer the fast food. The concept of fast food is not new, but it is related to hundreds of years ago. The Unites States is one of the famous countries that have developed this food beside Italy, England and some Asian countries e.g. Japan and China. In 1867, a man from Germany called Charles Mann Welt opened small selling sausages in New York in 1867. This idea got a great demand and then became more popular. After that, people start to recognize and make fast food everywhere and whenever. Fast food or junk food can be defined as meals which contain a lot of fat and sugars, oils, salt, high-calories, but it has low nutritional value and quality. For example for this type of food are chicken nuggets, burgers and fried potato cutter, canned chips, pies, pizza and soft drinks. Originally, it calls fast food because it is easy to prepare and eat. Unfortunately, the largest categories who prefer this food are kids and teens who need more healthy food for their growing. There are millions of people who eat this type of food every day, but, however, many of them do not consider the sources, the way of making and the effects to their bodies. Even though the fast food is a major part in our present life due to some factors such as the style of life, value, and huge commercial advertisements, fast food has serious negative effects on our health and family. There is a rebellion of young people on the house food. Thus, household demand for snacks, as it imposed itself on the majority. Sometimes, it considers as a temporary solution because it tastes delicious and easy to make. In fact, the communities and its markets are having a significant increase in the size of the fast food, and a great demand by one of the leading reasons that have helped to spread fast food restaurants chains across the world wide. One of the most important causes of spreading the fast food is the life style which is differ between the past and the recent in many different aspects such as the rhythm of life which can be divided into two main styles: the rush styles and the sedentary style. The first style is the rush style which indicates to how people are busy and maintain their time and way of life accordingly. "The rhythm of modern life gives a high value to every moment. Therefore, everybody seeks to get additional time for work, recreation, or family. One of the time saving methods is to use fast food services, which offer lower prices than traditional cafes and restaurants". (Zinta&Basevica 1) This rush or fast lifestyle in which we live today imposes a lot of variables on the lifestyle. People lost a lot of habits in their daily lives, as new habits enter which control their way of life and the details of their young lives. As the fast lifestyle which now controls us at work and at home at the same time, the impact on one's relationship with those who surround him, as well as their relationship with his own, making them a lot of self-tasks in a hurry because of the time constraints and the large number of concerns. As a result, people who are in rush have no adequate time for cooking and setting with the family for a lunch or dinner meal because of the important time. On the other hand, the sedentary lifestyle which is the second types of lifestyle is completely different of the first one. It indicates to how people like to spend much time setting or doing nothing. On other words, it means the laziness. Spending hours and hours in front of the TVs or computers screens can be the most popular reason in such cases. Also, people can make their food orders by the internet at the same time when the do their work in computer. Fast food is easiest and fastest to complete the picture of this type of the lifestyle. The second cause of spreading the fast food is the value of this food which can be divided in three main parts. Those three parts are: a cheap price, delicious taste and easy to get. Most of the fast food restaurants provide different prices, but they are considered as a reasonable and cheap in its entirety. The prices of this food are handy, so everyone can buy fast food. The reason of the low prices of fast food could be it made of poor quality materials. Due to the poor health supervision in some countries, some food companies take an advantage to sell their poor food to the consumers. As a result, they control the cost of primary material of fast food to achieve the maximum profit from a low quality food. Many people like fast food because it has a delicious taste. Fast food has different and special tastes because it contains a lot of spices that make it tasty. One of the most important materials is Monosodium Glutamate. According to the U.S. Food and Drug Administration http://www.fda.gov/, food makers add Monosodium Glutamate to the food to improve and reinforce the taste without having a special taste. However, many studies have proven that Monosodium Glutamate is very danger on health and has many healthy effects on the body. In addition, fast food contains a lot of fats to make the food more delicious. Most of streets have more than one fast food restaurants. It can be from different nations. In addition, petrol stations especially on highways often have a fast food restaurant. As a result, people in anywhere can get fast food easily. Moreover, because of many restaurants offer delivery service, the food become easier to get at any time. The third cause of spreading the fast food is the commercial advertisements which use the new technology like the internet or the usual media such as
Commercial Advertisements is one of the most important ways to promote the fast food, because it has an efficient effect on people. They affect people directly by leading people buy this food or indirectly on dietary habits, trends and finally the behavior. Global food companies spend millions of dollars to advertise their food to the consumers. Unfortunately, the children are more influenced by the commercial advertisements because of some reasons. They do not have cognitive ability to understand the facts behind the commercial advertisements. (Bernhardt 1) Also, they are more influenced by the way that the advertisers of fast food use such as cartoons or toys. In facts, those toys which are given by fast food restaurant are so cheap and made of poor quality materials which is below the health standards. Some of this material can cause some cancer diseases. More than that, fast food restaurants provides a play area for kids beside the food to push the whole family to spend more times and come again to the restaurant in the future. Some restaurants send their respective to houses for advertising their food or make the arrangement of any kids party such as the birthday party if parents want to make for their child. As a result, eating fast food has serious effects in different aspects in the human lives.

Beginning with their health and ending with the society as a whole. Although those meals have very serious health damage, which doctors warn people what they cause of serious damage to the body and play a key role in diseases of this era, a lot of people in different ages depend on fast food on their daily meals. One of the serious diseases of fast food is obesity. Obesity indicates to the increasing in a body's weight over the recommended once by 30% due to the high rate of fats and sugar in the body. In America, for instance, "rates of obesity increased more than 100% between the 1970s and 2008".(Pruchno 1) Fast food is one of the main causes of obesity. It contains a lot of carbohydrates and sugars that give the body many calories over its daily needs. As a result, the calories will accumulate in the body then cause the obesity. "Hamburger has 250 calories and the small French fried has 100 calories", (McDonald’s website). That meal is a regular size, but now many restaurants offer a big size of meals that has calories more than the normal size. Beside the calories, fast food contains a high quantity of sodium that causes water retention in the body then obesity. Obesity can cause of serious diseases that need to prevention and continuous treatment. The modern medical studies have proven that obese people under the age by virtual parallel with each kilogram increase in weight than normal. In fact, the patient’s obesity is the most susceptible to angina and high blood pressure and hardening of the arteries and blood sugar and eats a brain hemorrhage and bone joints, and many studies have proven that the most commonly affected many cancers. Moreover, not only fast food causes obesity but also many other diseases because each fast food meal has not only a high amount of calories, but also a high percentage of saturated fats. As a result it causes high blood cholesterol that causes atherosclerosis, coronary heart and stroke. Besides that, one of the common diseases of fast food is diabetes because it has a high level of sugar and simple carbohydrates. Fast food makes people more likely to get a food poisoning because it does not follow the standards of keeping, storage and cooling food in the right way. Usually, it contains a high percentage of materials and color chemical that contribute to cancer in the long term. Because it contains a lot of sodium, it causes high blood pressure then disease of the kidneys. It is often free of iron that cause anemia, especially the teenagers who need iron. It lacks of content of fiber that causes constipation because the fiber is necessary for. Eating too much fast food can make people uncomfortable because it has a lot of fat. In addition, it is a fundamental reason for the lack of social relations especially for the family. In the past, the family sets together three times a day, but now, and because of fast food, it becomes rare for all family members to meet and set in one table for a meal. This can create a wide space for the family in the short and long run. (DeVoe, 3) Besides the family spacing, fast food can issue a financial problem to the family especially who In conclusion, fast food is the main feature of our rush time. Any food can be prepared quickly and easily or any food contains a lot of fats, sugars and calories call fast food. Examples of fast food are burgers, pizza, fried and nuggets which in fact have a low nutritional value. There are many reasons to the acceptance of fast food between people. Those reasons are the lifestyle which can be rush or sedentary lifestyle, the value that indicates to the fair prices, tastes and delivery and the commercial advertisement by the food suppliers. On the other hand, people still eat fast food most of the meals which can create a serious health and social issues. Many of the obesity cases, heart diseases, high blood pressure, and many other diseases are health results of eating fast food above the average rate. The social communication will be so weak as a result of fast food, too. Thus, fast food is not bad at whole, but with adding some changes, it can be more convenient for health. People should reduce this habit and begin to be aware about their health and society. Minimize the meal as possible to decrease the amount of sugars, calories, fats and other fast food contents which can carry many illnesses to the body. Also, it is very important to maintain family budget by eating this type of food once or twist a week.

Works Cited

[2] 2-Academic Journal/Advertisements

