

Opinion Essay About Fast Food

Many people think that fast food has affected our health and family relationships. What is your opinion?

McDonalds, Burger King, Pizza Hut and Hardees are just some of the many fast-food outlets that can now be seen across most cities in the world. With our demanding work schedules eating into leisure time, it is no wonder that many people take advantage of the quick take away fast food. Many people believe that fast food affects our health and family relationships and I agree with this. I believe it has a negative effect on both these issues.

First of all, fast food has been proven to be one of the causes that can lead to heart disease and obesity. Look at the many fast-food menus and you will always see hamburgers, other meat and chicken cooked in oil and of course French fries. All these foods are cooked in oil which is full of harmful fats. It is these fats that cause problems with our arteries which may lead to heart disease. In addition, people nowadays are working longer hours and exercising less. They do not have enough time to go home and cook a meal after a long day at work. It is much easier to drive into a fast-food restaurant, order and pay and then drive away. At many places you do not even have to get out of your car. Eating fast food and reducing exercise can only lead to health problems.

Secondly, fast food also affects family relationships. In the past families were a strong unit. This strong relationship was helped by the family sitting together and eating together. Problems were discussed and solutions found while eating dinner. Nowadays with streets full of fast-food places and advertising on every corner and every channel on TV, young people, especially young men, prefer meeting their friends and going to fast-food restaurants. Staying at home and eating with the family is not considered 'cool'. As a consequence, parents are seeing less and less of their children and there is no 'quality time' where parents and children are able to sit down and discuss things. The family relationship begins to break down.

In conclusion, while fast food will never disappear, it is the responsibility of the parents to guide and educate their children in regard to good eating habits. Also asking children to be home for meals so families may eat and talk together will keep the family relationships strong.