



Fast Food And Why It Should Be Banned

Foods are one of the most important factors in our lives. Everyone needs to eat to survive. Nowadays, everyone has a busier life than ever before. We do not have time to sit back, relax, and spend all day preparing food. But as our world develops, food industries are also developing. As we all know, we now have a new kind of food called "fast food". Fast food is tasty, cheap, and convenient. They are everywhere, always open, and we can get it by using the drive-thru. Most people, especially in the United States, love fast food. However, despite all the benefits, everyone also knows that fast food is bad for our health, causes obesity along with other diseases, and is addictive. This fast food will discuss how it is slowly killing everyone. Would it be acceptable to watch ourselves and our loved ones be killed by fast food?

Fast food is undeniably unhealthy and causes obesity. We may consider fast food junk food because it contains high amounts of calories and gives high energy but lacks micronutrients such as vitamins, minerals, amino acids, and fiber. These foods do not contain the nutrients that your body needs to stay healthy. Even so, people still love fast food. People of all ages can quickly become overweight or obese by eating fast food regularly. Some fast-food does indeed have vegetables in it, for example, a burger would have a piece of lettuce, a slice of tomato, a few pieces of onion, and about two tiny pieces of a pickle. Those vegetables are good for health but the problem here is in the quantity. There are large amounts of carbohydrates and fats in fast food, but there are very little vegetables. It is not nearly enough to sustain our bodies throughout the day. Many may not know how to cook effectively but even simple foods like scrambled eggs, sandwiches, and salads are better than having fries and burgers.

Why Fast Food Is Bad Essay

Kaiwen Leong, Elaine Leong



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Postcolonial Green Bonnie Roos,Alex Hunt,2010-09-23 Postcolonial Green brings together scholarship bridging ecocriticism and postcolonialism Since its inception ecocriticism has been accused of being inattentive to the complexities that colonialism poses for ideas of nature and environmentalism Postcolonial discourse on the other hand has been so immersed in theoretical questions of nationalism and identity that it has been seen as ignoring environmental or ecological concerns This collection demonstrates that ecocriticism and postcolonialism must be understood as parallel projects if not facets of the very same project a struggle for global justice and sustainability The essays in this collection span the globe and cover such issues as international environmental policy land and water rights food production poverty women s rights indigenous activism and ecotourism They consider all manner of texts from oral tradition to literary fiction to web discourse Contributors bring postcolonial theory to literary traditions such as that of the United States not typically seen in this light and conversely bring ecocriticism to literary traditions such as those of India and China that have seen little ecological analysis Postcolonial Green boasts a global geographical breadth diversity of critical approach and increasing relevance to the issues we face on a world stage Contributors Neel Ahuja University of North Carolina Chapel Hill Pavel Cenkl Sterling College Sharae Deckard University College Dublin Ursula K Heise Stanford University Jonathan Highfield Rhode Island School of Design Alex Hunt West Texas A M University Upamanyu Pablo Mukherjee Warwick University Patrick D Murphy University of Central Florida Bonnie Roos West Texas A M University Caskey Russell University of Wyoming Rachel Stein Siena College Sabine Wilke University of Washington Laura Wright Western Carolina University Sheng yen Yu National Taipei University of Technology Gang Yue University of North Carolina Chapel Hill Xiamen University Critical Essays on The Adventures of Tom Sawyer Gary Scharnhorst,1993 A comprehensive collection of essays containing both a sizable gathering of early reviews and a broad selection of more modern scholarship Among the authors of reprinted articles and reviews are William Dean Howells Hamlin Hill Judith Fetterley Henry Nash Smith and Cynthia Griffin Wolff There is also a substantial introduction by volume editor Gary Scharnhorst Annotation copyright by Book News Inc Portland OR *Scoring Strategies for the TOEFL iBT A Complete Guide* Bruce Stirling,2024-10-12 TOEFL students all ask How can I get a high TOEFL iBT score Answer Learn argument scoring strategies Why Because the TOEFL iBT recycles opinion based and fact based arguments for testing purposes from start to finish In other words the TOEFL iBT is all arguments That s right all arguments If you want a high score you need essential argument scoring strategies That is what Scoring Strategies for the TOEFL iBT gives you and more Test Proven Strategies Learn essential TOEFL iBT scoring strategies developed in American

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