

Life Topic Unit 16: Fast Foods and Health

Name _____

1. Fast food is food which is made quickly, such as hamburgers, pizza, fried chicken, and fries. It is most popular with younger people, for many reasons. Each restaurant in the fast-food ¹ _____ looks clean and modern. Workers wear the same ² _____ and give similar service. All the food tastes exactly the same no matter where the restaurant is.

2. While fast food is cheap, there can be other costs. Eating too much fast food can cause weight gain - or even cause one to become ³ _____. It can also lead to heart disease, liver problems, or other health problems which can be ⁴ _____. Nearly all these can be avoided with a ⁵ _____.

3. In 2008 Sweden did a study of 18 people in the twenties who were ⁶ _____ and healthy. All agreed to eat two meals a day at Burger King, McDonald's, Wendy's, KFC, or other fast-food chain restaurants for four weeks. They could not exercise much. As the study went on, one person had to stop eating the food because of health problems. After four weeks, each gained, ⁷ _____, 6.5 kilos (14.3 pounds). On average, ⁸ _____ increased by 7 cm. Five people increased their weight by 15 percent. One gained 12 kilos (26.4 pounds) in two weeks.

4. Most shocking was the damage done to the people's
⁹ _____. On average, the amount of fat in each liver
increased almost three times. Eleven people had major liver
damage. Two actually had ¹⁰ _____.

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2. While fast food is cheap, there can be other costs. Eating too much fast food can cause weight gain - or even cause one to become ³obese. It can also lead to heart disease, liver problems, or other health problems which can be ⁴deadly. Nearly all these can be avoided with a ⁵proper diet.

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