

Unhealthy Fast Food

By Christina

Do you know how bad fast food is for you? I was addicted to fast food until I found out how bad it is for you. I'm sure you are too. Are you?



When you read this I'm sure you won't eat it anymore. When you eat fast food do you sometimes feel sick or just don't feel good? Well some people do and some don't.

What goes on in the kitchen: The Main Ingredients

The main ingredients are hydrogenated soybean oil, and hydrogenated cottonseed oil. The McSkillet is a burrito with sausage and it has more ingredients than the burrito with steak at McDonald's those burritos have the most ingredients out of all the foods in McDonald's.

Do you know why they won't tell you what they put in it?

They won't tell you because they want you to have the food so they can get money but sometimes they won't tell you because they are afraid you won't eat the food if you

knew what was in it.

What goes on in your body: What does fast food do to you?

Fast food clogs your arteries and you can maybe die but not normally you will just get sick.

When you eat fast food you can get bigger but that is when you eat too much of it. When kids eat fast food it makes them want more all day long. I one year kid can gain 6 extra pounds because of high fast food consumption, says researcher Shanthy A. Brown.



Among 4-to-8 year olds those who ate fast food ate 6% more food the rest of the day than kids who didn't eat fast food.

Among 14-to-10 year olds fast food eaters ate 17% more than kids who don't eat fast food.

What's Along the Roads: What are the places

Do you know what's along the roads?

The most popular fast food place to go to is probably McDonald's but

there are more places to go to like Wendy's, burger king and some White Castle. Do you think papa johns is a fast food place. Well people who think it is are right. Those are the places not to go to. The reason not to go to those places because it is very bad for you.



These are more places to go to if you want to get sick.

How to avoid fast food.

The way to avoid fast food is easy all you have to do is bring something small with you in the car or eat before you go some where if you're the type of person who needs a clean car and you are going on a trip you can stop at a restaurant and enjoy a good time with your family. If you have a young kid you can try not to give him/her any fast food. you always want to eat healthy food so you can eat fruits and vegetables, meat. you can eat any healthy food that is good for your body.



This is a picture of fast food X out because it is so bad.



This is where they keep fast food.

Christina Yacubich is ten years old she wrote this feature article because she looked at how many people were eating fast food and what will happen to them if they eat too much. Christina Yacubich loves to read and write.

