

Primary Worksheets: Fast Food



What are your favourite foods? Fast food are from restaurants that are for take-out and to eat elsewhere quickly. Usually the food is preheated or has precooked chemicals added to it.

There are many different kinds of fast food restaurants that are across the world. The most popular, McDonalds, has over 38000 restaurants and continues to grow. When a lot of fast food is eaten, it can cause many health problems.



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The fast food market is worth over 600 billion dollars in the world. McDonalds serves over 40 million customers everyday, making them the largest purchaser of beef, pork and potatoes!

Fast food is often highly processed and produced in massive amounts to lower costs. There are many concerns as fast food is causing many weight gain problems across the world.

But how bad can fast food be?



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A 2004 film called Super Size Me followed a man named Morgan Spurlock, who only ate McDonalds' food for 30 days.

The purpose of the film was to show the effects of eating too much fast food. Spurlock ate McDonalds three times every day. If he was asked to make his meal a large, he must take it.

During his challenge, he developed many health problems. He had heart problems along with headaches. He had mood swings and gained over 10kg in a month. It took him 14 months to get back to normal.



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Having fast food is unhealthy if eaten in large amounts. Depending on what the food is, it can actually be healthy!

A man named Jared Fogle gained a lot of attention after losing 111kg from only eating Subway sandwiches.

Fast food is cheap and quick, but we should make the effort to cook our own foods so we know what is in them. Cooking at home can actually be cheaper and also healthier!

Watch what you eat!



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Answer the questions.

What is fast food?

Why is fast food bad?

Why do many people buy fast food?



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Answer the questions.

Write about a fast food you like.

What should we do instead of eating fast food?

