

In some countries an increasing number of people are suffering from health problem as a result of eating too much fast food. It is therefore necessary for governments to impose a higher tax on this kind of food.

To what extent do you agree or disagree with this opinion?

Our ancestors used to eat more vegetables and move more than us, then they were healthier than us, and nowadays, fast food is the a main reason of our cholesterol-related diseases and we should combat this common place issue.

Fast foods as a reaction of food providers to developments in transportation systems and hectic lifestyles s came to be a real concern for modern societies and not only is it free from/void of nutrition, but it also is a completely fatty substance and harmful. In my opinion, imposing strict policies on providers and consumers does not have has much a role to play in decreasing its over use-using. It is said that, providing proper role modeling and education are more effective than governmental forces.

Before the advent of this phenomenon by Mc Donald brothers, people used to eat more vegetables and low-calorie foods which were by far healthier and I suppose that turning a blind eye to on those nutrients is not a rational decision. Then governments can give remits for traditional foods' ingredients and have policies for advertising. Again, as an educational measure, junk foods must be forbidden in schools, **both primary and secondary.**

Because this type of food is an accessible thing for to the poor, to eat and preventing them from of eating junk foods can harm them and therefore, the authorities should force restaurants to change the contents of these foods and use more vegetables and nutrients. Furthermore, this group of people do not have enough money to cure their hurt and vascular diseases which come with high-calorie eating, and it will be a doubled cost for society.

To some sum up, although passing new laws to limit the amount of high-calorie foods can help to have a healthier society, having proper educational plans and advertisement can benefit society more effectively.

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