

Nowadays many people choose fast food and refuse to cook at home. Why do you think it happens? What are the advantages and disadvantages of such a choice?

Starting from western countries, the world has witnessed a growing craze for fast food, a complete transformation in the taste of its dominant species. This dramatic change in the nature of our eating, from cooking at home to being served at restaurants, regardless of being positive or negative, owes much to a large variety of social factors.

Although it might be hard to precisely determine what factors have contributed to this change in our eating habits, some can be highlighted as the main ones. First, the pace of our lifestyle, which used to be far slower, has now made us act in haste constantly, particularly in big cities. It is no wonder that fast food restaurants are ubiquitous in megacities where people are always one step behind their schedule let alone dedicating some time to cooking. In fact, by the arrival of modernity and industrialization, homemade food has made ~~the~~ way for fast food. As the name implies the latter has the capability to keep ~~the~~ pace with the startling change. The second merit of fast food, admittedly, would be its convenience. This type of food does not necessitate a table, a set of dishes, or a handkerchief. Comfort food, brings ease for its opponents. This new alternative of homemade food found its own way to fit our lives as one can have a bite during-while driving, working, or even walking. It has adapted to the change even better than its consumers.

However, much fast food lovers try to justify their fondness, their ostensible joy is not borne by medical statistics. Cancer, early aging and asthma are only a few among many diseases brought about by consuming fast food. Although some would view this as tilting at mills, it would not be a hyperbole to say our self-indulgence in fast food can be translated into an everyday suicide attempt. Moreover, fast food advocates tend to produce more food waste, utterly ignorant about the consequences. This may be rooted in the fact that they never experience the hardship of preparing a meal. This has been backboned by a study which shows that a consumer of early-made and fast food is likely to produce waste ~~as~~ four times as much as one who eats at home.

In conclusion, despite the current trend making it extremely difficult to assuage our hunger with anything but junk food, ignoring the disastrous consequences s might cost us our lives.