

**Some people believe that fast food industry is destroying the health, family eating timings and environment.**

**Do you agree / disagree. Give your opinion and examples.**

One of the consequences of ~~industrializing~~ industrialization is the unbelievable growth of people's tendency to eat fast food to the extent that this change in eating habits has affected other aspects of human lives.

Critics of fast food industry cite that the more the tendency to use fast food among people, the bigger ~~more~~ distance will arise between them and their traditional foods. In addition, the proportion of fat in these types of foods are-is higher than normal limits and continuous using of them will result in health problems and high fat levels s correlated with diseases. Besides, there is a lot of the ~~waste~~ which have been made by some fast food centers such as their packaging plastics which are not biodegradable materials and they will last in the environment and infects it for years and years.

On the other hand, many people believe that fast foods are their leeway running ways from boring daily cooking and an easy solution for the lack of time they are challenging. Furthermore, some of these foods are not as unhealthy as others such as various kinds of salads and side dishes which in some cases might take the place of a complete dietary dish for those who ~~m~~ suffer from over-weight and want to strike a balance in their whole day eating program.

From my point of view, although fast foods have some benefits in time management for those who have a compact daily schedule, the negative ~~worse~~ effect of eating more fast foods such as various types of full-fat burgers and pizzas on those who ~~m~~ are more dependent is obvious ~~not negotiable~~, and the adverse impression ~~effects/impact~~ of the waste which has ~~have~~ been made for packing these foods is not covered to anyone. Therefore, I think there must be more informing advertisements that awaken people and lead them to control and manage their eating habits and daily dishes.

In a nutshell, among all drawbacks and adverse effects of the fast food industry people's health and environment's intactness ~~limpidity condition~~, I believe its benefits are not numerous ~~have no more~~ ~~blaze~~ and people must be encouraged ~~have be encourage~~ to use more home-made and traditional food.