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Fast food: benefit or harm?

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Abstract. Today in our city you can have a snack at every step. In many places there are pavilions selling hot whites, sausages in dough, pancakes, sandwiches. There are all kinds of cafeterias, cafes. In general, you will not stay hungry. Modern society relies heavily on fast food. However, we are unable to understand the fact that there are certain problems that are associated with the consumption of fast food. The problems that arise from such products are mainly related to health. The problem of fast food is one of the threats to humanity, say the doctors. However, the number of his fans for some reason is not decreasing. Global fast food production is growing at an impressive rate. We read that consumers spent \$ 1.5 billion on fast food last year. Therefore, talking about the harm caused by fast food to our health is important and relevant.

Keywords: *fast food, benefit, harm.*

Introduction.

Human health is the main value in life. Each person is responsible for their health. One of the rules for maintaining health is a healthy diet. If a person eats a varied, healthy food, then he remains healthy until a ripe old age, but there are so many different delicacies around us that it is simply difficult to choose healthy right foods. Often this is helped by advertising on TV and bright packaging, not always useful, products on the shelves of our stores. Fast food is generally touted as the best food for a quick bite on a work day. This is fast food.

The relevance of the work. I and my peers often buy chips, kirieshkas, fries and other foods in stalls to quickly satisfy our hunger. But we constantly hear from parents and teachers that this is harmful. I decided to figure out what could be the harm of fast food?

Fast food has long been an integral part of the modern world. Many people cannot even imagine life without a

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hamburger or hot dog. Where did this fastest food come from? And is it true that fast food is so bad for your health?

More recently, the 20th century was considered the century of fast food. It was then that the fast food industry emerged and developed many times over. But, apparently, the XXI century threatens to set new records. The crazy rhythm of life does not leave an opportunity for a modern person to dine slowly, with pleasure. So, to lay a starched napkin behind the collar and enjoy the first, second and third. Instead of a hearty meal, you have to settle for a quick meal, ranging from a business lunch at a nearby eatery to instant noodles in a bag. However, the past should not be idealized either. Fast food existed in ancient times.

The aim of the research:

To find out the impact of fast food on human health; justification of the harm caused by fast food to human health.

The tasks of the research:

Identify the meaning of the word fast food, the history of awakening, the reasons for its popularity in modern life. Identify the positive or negative action of fast food on the body of man.

Research methods:

Working with information sources (collecting information from magazines, encyclopedias and Internet sites)

1.1 The history of the emergence of fast food and the reason for its popularity in modern life.

Fast food is a dish prepared for a quick meal. The format law assumes that the time between preparation and sale should not exceed 10 minutes. This is just one of the possible definitions of fast food, but there is still no single definition. At the same time, almost everyone agrees that this is fast food, produced on a large scale, when dishes are not prepared to order, but from semi-finished products.

Today, the fast food industry is one of the fastest growing segments of the economy in the world. Fast food restaurants are found in almost every country in the world: from America to Japan, from Australia to Iceland. McDonald's alone has its networks in 119 countries, while local fast food varieties are innumerable.

Fast food is a class of fast food items usually offered by specialty establishments. Fast food refers to food that can be prepared quickly.

However, after a few hours, you may notice that you have eaten junk food. You may start to feel pain in your stomach,

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and you may notice that your skin becomes more oily than usual. You may regret eating fast food. Even if you do not notice any consequences, you should still find out what processes occur in this case in your body. Below are the most obvious effects associated with eating food from fast food restaurants.

Hearing the word "fast food", a peddler immediately comes to mind, on which there is a glass with a sweet carbonated drink, a huge sandwich, possibly a sausage in dough, chips, a pack of potato fries and pizza.

The history of fast food dates back to ancient times. The semblance of modern fast food originated in ancient Rome. Fast food in ancient Roman style is a mass of eatery markets where enterprising merchants sold various foods. At such markets, food was sold mostly inexpensive and popular. These are, first of all, hot bread, meat, peas, various types of pastries. In addition, in ancient Rome, they even made a dish very similar to a modern hamburger. It was a beef cake, which was mixed with nuts, and always eaten with bread. Yeast dough cakes, oiled with olive oil, were very popular. Sometimes they were used like plates, on which other various dishes were superimposed. Does nothing remind you of such a dish? But it was from such cakes that many centuries later the well-known and beloved pizza. But such food acquired its modern look in the United States. The first hamburgers in the world were sold at the White Castle diner in 1912. At that time they were eateries for the poor. In 1948 the McDonald brothers opened a fast food restaurant. in more than 120 countries around the world.

Sometimes a modern person cannot do without fast food. The pace of life is to blame for this: everything must be in time, and if you do not have time, then no one will wait. In such a mess, there is no time for a full meal.

Fast food is delicious. Flavor enhancers are often added to fast food foods to make the food very appealing.

The cult of fast food is promoted among young people as food for active and advanced people. Children's audiences are lured into catering establishments with all kinds of gifts in the form of toys, fictional characters walking around in life-size puppet costumes near fast food establishments.

From billboards, we are taught that fast food is fast, tasty, fashionable, modern, but for some reason they are silent about the possible harm to the body.

It is believed that fast food is a child of the XX century.

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In fact, it has existed for centuries, because even the ancient Romans loved to have a quick snack. Often, the "descendants of Mars" refused to cook at home, in many Roman houses there were no kitchens at all. But in every city there was a mass of eateries and bazaars, where they sold all kinds of food. By the way, it was then that the prototype of pizza appeared - a cake made from yeast dough, greased with olive oil. The Romans also had their own hamburgers. They fried beef cakes and ate them with bread.

The national roots of fast food can be found everywhere. Russian hawkers with pies, of course, bear little resemblance to modern guys in branded caps, but they also have a lot in common: they both offer a quick bite to eat. And yet, for centuries, fast food has remained a kind of addition to homemade food, nothing more. And only the 20th century changed the picture beyond recognition: fast food has become an industry - with multibillion-dollar turnover and millions of loyal consumers.

In our turbulent age, snacks have become the norm in our life, we have no time, and sometimes we do not want to cook ourselves a full, healthy meal. Hot breakfasts are rarely cooked in any family, they dine where they have to and what they have to do, as a rule, only dinner is full. What kind of health of the nation can we talk about after that!?

It's hard to believe, but a hundred years ago, the vast majority of the world's population did not know the taste of Fast Food: chocolate and cola, had no idea what chewing gum, chips, muesli, hot dogs, pizza, colorful popcorn, etc. p. "Mommy, buy me some chips!", "I really want soda!"...

The kid looks imploringly into the eyes of his mother. And she, yielding to his requests, buys his favorite delicacy, not even suspecting how harmful and even dangerous the content of the bright package is.

Why, knowing about the dangers of nitrates and nitrites, people use them in the production of agricultural products and in the food industry, for the production of sausages, smoked meats, canned meat? Ammonium nitrate and urea are mineral fertilizers necessary for plant growth. They are absorbed intensively during the period of plant growth. And then, during the ripening period, the plant does not need to be fed anymore. Nitrates are less in cool weather and in the afternoon by 30 - 40%. If this is taken into account, then, harvesting according to science, it is possible to reduce the content of nitrates by five times.

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Today in our country there is a huge number of catering establishments that provide citizens with a huge selection of delicious and fast food. How did this happen, after all 10 years ago in our country, except for dumplings and pancakes, they could not surprise the layman with anything.

The tradition of eating on the go, most likely, was borrowed by our compatriots from the so tempting American life for all. America gave us the now world-famous McDonald's, which today has become a real attraction, and many European tourists who have visited the "country of great opportunities" first of all visit this particular institution.

Most capital cities have large cafes like McDonald's. These cafes are very different from the original coffee houses: they are located in separate one- or two-story buildings, and their interior and exterior are decorated in a single modern (usually minimalist) style. Such cafes are open and equipped at the expense of large trading and manufacturing companies, the name of which they use. These cafes are served by chefs and waiters in the same uniform with company logos. Typically, this uniform consists of a white shirt (T-shirt), dark colored trousers or skirt, an apron and a baseball cap. Large cafes are designed for the general public: families come here, they are visited by young students, respectable people, and people of retirement age. There are no waiters as such, there is no menu in such cafes, and the names and prices of all dishes and drinks are written on special plates that hang above the counter. Thus, the visitor comes to the counter, orders and immediately pays.

Fast food has rapidly gained popularity among different age groups. Some people eat fast food without even knowing the danger it poses in itself. Parents buy hamburgers and fries for young children, after which they face a number of problems, the main one of which is obesity. What is the harmfulness of fast food? Is it really better to skip any instant meals?

In all countries of the world, fast food is the cheapest food. She is often prepared right in front of customers. Fast food is bought not only because of its low cost, but also because of its taste. Habitual buns and sausages, with the help of mysterious manipulations, acquire a particularly delicate taste. Hamburger, cheeseburgers and big maks want to eat more and more. Fast food is addictive, and most people have learned this from their own experience. Nevertheless, fast food is unhealthy and its excessive consumption will

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certainly affect the weight and condition of the body.

The composition of fast food includes a large number of food additives, which are responsible for the taste of the product. Most of which negatively affect the state of the body. If a person eats fast food several times a month, no serious complications will occur after taking such food. But if you eat it every day, then perhaps after a while a malfunction of the body may occur.

Fast food has no health benefits. In some cases, it is better to abstain from eating food than to eat dangerous foods. The advantage of fast food is quick preparation. A person can save time on cooking healthy meals, but then a lot of efforts will have to be made to restore the body after such food.

Many people find fast food to be delicious. In this case, it is worthwhile to figure out why fast food is so tasty, and reconsider the attitude towards it. Instant meals contain a large number of food additives that are harmful to health. Due to chemicals, any dish can acquire an exquisite taste, but this will not make it healthy.

1.2 Impact of eating fast food on human health.

The main harm is cholesterol. The main harm is cholesterol. Cholesterol is a fat-soluble alcohol; it enters the body as part of animal products. Cholesterol is used by the body as a building material for body cells and many other processes. Foods high in fat can raise blood cholesterol. And this can lead to the development of many diseases. French fries, hamburger patties are fried in a huge amount of oil. And this is very harmful. In addition to fatty buns and fatty cutlets, there is also mayonnaise, in which there are a lot of preservatives and food additives that negatively affect the digestive system, liver and pancreas.

The amount of harmful substances that make up chips can be listed for a very long time. Even a relatively healthy young man will feel heartburn, bowel disease and gastritis in a month after consuming chips every day.

Preservatives are substances that inhibit the growth of microorganisms in the product. At the same time, as a rule, they prevent the product from the appearance of an unpleasant taste and smell, and mold. The most famous is salt, fast food contains a huge amount of salt, which is harmful to the kidneys and cardiovascular system.

Everyone already knows that fast food badly affects the work of digestion, blood vessels and leads to obesity, causes

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allergic reactions, promotes the formation of caries, heart disease, diabetes mellitus, gastritis and peptic ulcer diseases.

These foods often contain chemical preservatives designated by the letter E from E 200 to E 299. All of them can cause side effects from simple migraines or itching to cancer. Flavor enhancers, colors and flavors are another type of chemical ingredient found in very large quantities in fast food. They act on food receptors, as a result, the taste of food is felt stronger than it actually is, and food without this chemistry seems bland and not tasty. They cause inflammation of the stomach, intestines, promote the formation of kidney and bladder stones, and provoke oncology. The flavor enhancer - monosodium glutamate (E-621) is prohibited for use in baby food. It is a chemical that excites the nervous system that can permanently damage the growing brain and nervous system. Although, it is found in many foods that are widely used in nutrition.

The harm of fast food to the human body:

- Overweight and obesity;
- Gallstones;
- Kidney problems;
- Atherosclerosis;
- Increased cholesterol;
- Increased blood sugar levels;
- Hypertension;
- Diseases of the liver and pancreas;
- Caries;
- Ulcers and gastritis.

Children begin to suffer from a variety of diseases much more often than their parents. And this can be explained not only by an unfavorable environment, but also by nutrition, which is harmful to the body. Young children and students prefer high-calorie instant foods.

Many families are already accustomed to visiting McDonald's and pampering their children with junk food. Adults themselves often do not see any special value in instant food and prefer to refuse it. Many students eat fast food to save time and money. These savings lead to stomach ulcers and liver problems.

There is no vitamin in fast food, and if a person eats it every day, vitamin deficiency may develop. Metabolism is disrupted and a considerable number of diseases of the endocrine system may appear. The longer a person eats junk

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food, the worse his general condition. He begins to hurt more often and feel a breakdown. Despite this, his weight will continue to grow.

It is much better to replace fast food with fruits or vegetables that are rich in fiber and vitamins. One apple will serve as a great snack, which will make up for the lack of vitamins C and E, which are the best antioxidants.

There is nothing healthier than homemade food. Eat more vegetables and fruits, trying to avoid high-calorie and fatty foods. Do not exceed the daily calorie intake, and this is the only way you can maintain your figure and health.

Conclusion.

Today we have discussed a very important topic, in my opinion, because this forms our further eating behavior, and hence an improvement in the quality of life.

In general, if you take the product itself, for example, a burger, then eating it, cooked with your own hands, on good products at home will most likely not cause any health problems, especially if you use it a couple of times a month.

But if you consume commercial, relatively cheap fast food on an ongoing basis, you will definitely end up with serious health problems.

As always, there is medicine in the spoon, poison in the cup. Everything can be eaten, but not for everyone and in different quantities. In general, the problem is much more global than just the consumption of fast food.

This also applies to the consumption of alcohol, cigarettes, excessive consumption of caffeine, etc.

All this happens for a variety of reasons, but the most common of them does not lie on the surface, namely: THE DESIRE TO GET PLEASURE HERE AND NOW.

It so happened that as a result of anthropogenesis (part of human evolution, when "homo sapiens" - Homo sapiens appeared), the part of our brain responsible for the rational component has become a little thicker than in other animals.

This gave us the ability to LONG TERM PLANNING.

It is another matter that, compared with hundreds of thousands of years of staying predominantly in an animal form and the same state of the brain, these several tens of thousands of years cannot completely force us to think rationally.

The animal within us says, "I want to get this food right now!"

So far, the animal component inside us is much stronger,

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therefore the vast majority of people are weak in terms of willpower, and willpower has just developed as a result of the emergence of reason.

Reason taught us to limit ourselves now in order to get more later.

Do not eat everything that is bad, so that later you can feel confident on the beach and be healthy.

Save some money to make big purchases later.

Don't sleep with everyone in order to get to know a more highly competitive partner.

Unfortunately, or fortunately, a small number of people can do this.

I am glad that you are one of them. It is these people who move humanity forward.

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