**Fast Food**

Fast food restaurants started in the 1950s in America but now you can find them all over the world. Britain is no exception *(не исключение).* The food that you eat there is familiar to us all- hamburgers and chips, apple pie and a milk-shake or a Coke. Fast food restaurants are very popular with young people.

Of course you can eat very quickly *(быстро)* in such restaurants. 17-year-old secretary Claudia Black said: “I don’t have a long lunch break *(перерыв на обед)*, only an hour, from one to two o’clock. In fast food restaurants you get your food very quickly, so I always get to the office at 2 o’clock”. Another reason is that you can eat there when you want; they’re open from 10 o’clock in the morning to 12 o’clock at night. Claudia said: “After the cinema or disco, I can have a hamburger if I’m hungry”.

Fast food restaurants are also very cheap *(дешевые).* Peter Harding, a bank clerk from Brixton, told me: “ I can come here with my wife and two children, and it only cost about 12$”.

A lot of adults don’t like the bright colours which are a characteristic of fast food restaurants, but children seem to like them and informal atmosphere *(неформальная обстановка).* As Peter Harding said: “My children really enjoy coming here. Traditional restaurants are too formal for them”

 Others don’t fast food because it can lead to the following health problems *(проблемы со здоровьем):* high blood pressure *(высокое давление),* heart diseases *(болезни сердца)* and obesity *(ожирение).* There is a lot of sugar in drinks. You may have problems with teeth.

**Facts about Fast Food**

**(факты, уже известная и новая информация)**

**When did fast food start?**

**What can you eat in fast food restaurants?**

**In what countries can you find fast food restaurants?**

**Advantages of Fast Food**

**(Преимущества, плюсы фаст-фуда)**

**Can you eat there quickly?**

**Where can you find fast food restaurants?**

**Is fast food cheap?**

**Disadvantages of Fast Food**

**(Недостатки, минусы фаст-фуда)**

**Is fast food healthy?**

**What diseases can fast food lead to?**

**Is there a lot of sugar?**