## Fast food and everything about him



## The history of fast

Fast food was known ancient Rome. In town there was mass eateries and market where trading in all kinds of foods. One of popular dishes are cakes of dough, smea with olive oil (the prototype of Italian pizza which are also used as an edible plate.

In China, the markets traded in a hot instruction and cakes (the prototype of modern). In Indiana Russia were popular variety in Russia and cakes

Fast food industry emerged in the 1920's in America. In 1921 the company opened in Kansas White Castle, a specialty which was unusual at the time of hamburgers. Sustained price (5 cents until 1946) and strange attracted buyers, and doubts about the safety of the product were dispelled by the cunning of the owner of Billy Ingram (when specifically recruited men in white coats gave the impression that even doctors are buying hamburgers). In the late 1940's, the company White Castle began to appear competitors, of which the most serious was the McDonald's.

## Impact on health

- Fast food, according to Committee on Nutrition, Massachusetts Medical Society, especially vysokokalorien that leads to obesity and related diseases. Fast food is often rich in carcinogenic trans-saturated fats (margarine, kombizhir). Fast food contains a lot of fried foods (fries, and so n.) Also rich in carcinogens (acrylamide, etc.). High sugar content in soft drinks, rolls, etc., is dangerou not only for its caloric content, but also increased risk of developing diabetes and other diseases.
- Semi-finished products are widely used in online fast-foods, as well as other food "factory" production may contain a variety of chemical food additives.

## It hurts us all

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