

Fast food



Fast food is a kind of food that people eat from a restaurant where the staff quickly prepares and serves food. There are many different kinds of fast food, but the most popular are hamburgers, cheeseburgers and French fries. The restaurants that sell fast food are called "fast food restaurants". Some of the more popular fast food restaurants are McDonald's, Wendy's, Burger King and KFC.

Most of the food served at fast food restaurants contains a lot of calories and salt. A regular sized McDonald's French fries has 570 calories. A regular Burger King hamburger has 290 calories and contains 12 grams of fat. One of the burgers with the most calories is the McDonald's Double Quarter Pounder with cheese. This burger contains 740 calories. It is the **kind** of food that you shouldn't eat too often.

The calories in fast food can cause health problems. On average, an adult male should have about 2500 calories per day and for females around 2000 per day. Eating high calorie food on a regular basis can lead to obesity and health problems. Many countries already have this problem partly because of fast food. In 2005, 1.6 billion adults were **overweight** and doctors think there will be 2.3 billion overweight adults in the world by 2015.



1. According to the article, what kinds of fast food are popular?
 - a) hamburgers, cheeseburgers and French fries
 - b) hamburgers, cheeseburgers and salad
 - c) cheeseburgers, French fries, and noodles
 - d) it is not stated

2. According to the article, which food item has the most calories?
 - a) French Fries
 - b) a KFC chicken burger
 - c) a Burger King hamburger
 - d) Double Quarter Pounder with Cheese

3. The word “kind” in paragraph 2 is closest in meaning to:
 - a) nice
 - b) soft
 - c) type
 - d) gentle

4. According to the article, how many calories should an average man eat every day?
 - a) 290
 - b) 740
 - c) 2000
 - d) 2500

5. According to the article, how many people might be overweight by 2015?
 - a) 2005
 - b) 2015
 - c) 2.3 billion
 - d) 1.6 billion

6. The word “overweight” in paragraph 3 is closest in meaning to:
 - a) overload
 - b) underweight
 - c) heavier than average
 - d) lighter than average

Answers: 1. (a) 2. (d) 3. (c) 4. (d) 5. (c) 6. (c)