

Текст 1е

1. Прочитайте текст:

Fast food is one of those subjects that seems to provoke a lot of debate in people – those who eat it and those who advise us against it. But the industry is booming, and there doesn't seem to be any shortage of new fast food outlets opening...so it can't be all bad, can it?

Well, the obvious advantages of fast food are its speed and its cost. If you've had a hard day at work, and worked late, the last thing you might feel like doing is throwing together a meal from scratch, no matter how the TV chefs wax lyrical about the advantages of fresh ingredients.

The cost can also be one of the advantages. If you live alone, it's often cheaper to buy a meal for one at the supermarket, where they are often on special offer, or order a takeaway. Burgers and fries from a fast food restaurant are notoriously cheap.

Some fast food isn't bad for your health at all either. Frozen meals can come additive-free and be available as healthier options.

The disadvantages of junk food and ready meals are screamed at us on a daily basis by the media. Obviously, if you are looking after your health, you need to be aware that fast food as a rule contains more fat, salt and calories that you really should be taking in on a regular basis.

The occasional treat won't hurt at all, and eating fast food in moderation is not a problem, but moderation can be difficult when faced with 'super sizing' and 'deals' that encourage you to buy more than you initially intended just to get a few pounds shaved off of the bill.

2. Ответьте на следующие вопросы к тексту, избегая цитирования текста:

- 1/ Why is the subject of fast food said to provoke a lot of debate in people?
- 2/ Why shouldn't people be tempted into the 'buy one get one free' deals?
- 3/ How is the subject of fast food treated by the media?

3. Выразите ваше мнение по следующему вопросу. Напишите 200 – 250 слов, избегая цитирования текста:

No, fast food is not ideal but it meets a need!