

Name: _____

Date: _____

Class: _____

Fast food culture

Part 1: Read each paragraph. Choose the best heading (idiom) from the list.

1. Hard to swallow

3. Couch potato

5. Chew the fat

2. You are what you eat

4. The icing on the cake

6. Bring home the bacon

A. _____

Many people know that eating too much fast food is unhealthy, but they still continue to eat it. Doctors often warn about health risks like weight gain and heart disease. Even when people understand these risks, they find it difficult to accept and change their eating habits.

B. _____

Fast food is very popular among people who spend a lot of time sitting at home. Some individuals spend hours watching TV or playing games while eating snacks and meals. This lifestyle can lead to poor health and low energy over time.

C. _____

Eating habits have a strong effect on a person's health. People who regularly eat unhealthy food may feel tired and have less energy. Experts often say that a balanced diet is important because what we eat can influence how our body works.

D. _____

Fast food restaurants are common places where friends meet. They sit together, eat, and talk about their daily lives. These places are not only about food but also about relaxing and enjoying conversations with others.

E. _____

Many workers have very busy schedules and do not have time to cook at home. They work long hours to support themselves or their families. As a result, they often choose fast food because it is quick and convenient.

Name: _____

Date: _____

Class: _____

Fast food culture

F. _____

Some fast food restaurants offer extra items such as free drinks or discounts. These small bonuses make customers feel happier and more satisfied with their meal. As a result, people are more likely to return.

Part 2: Write a short paragraph (120–150 words) about your favorite fast food.

You must:

- Describe the food (*taste, texture, appearance, smell,...*)
- Give your opinion (*What do you like most about this food?, Do you think it is healthy or unhealthy? Why?,...*)
- Use at least ONE idiom from Part 1

Help idea (to connect with idioms):

- Not healthy?
→ "I know it's unhealthy, but that's hard to swallow..."
- About health and food:
→ "People say you are what you eat, so..."