

IS FAST FOOD ALWAYS JUNK FOOD?



CODE 251

Fertigkeit	Lesen
Relevante(r) Deskriptor(en)	Deskriptor 4: Kann unkomplizierte Sachtexte über Themen, die mit den eigenen Interessen und Fachgebieten aus den Themenbereichen des Lehrplans in Zusammenhang stehen, mit befriedigendem Verständnis lesen. (B1)
Themenbereich(e)	Essen und Trinken
Zeitbedarf	12 Minuten
Länge des Lesetextes	250 Wörter
Material- und Medienbedarf	Schreibmaterial
Besondere Bemerkungen, Hinweise zur Durchführung	---
Quelle	Gerngroß, Günter, et al. <i>THE NEW YOU AND ME. Textbook 4. Enriched Course.</i> Wien/München: Langenscheidt, 1997. S. 41.



IS FAST FOOD ALWAYS JUNK FOOD?

Read the text about fast food.

Then tick (✓) the sentences below true, false or – if there is not enough information – not in the text.

You've done your homework, you feel hungry, and you've got just half an hour before you go out to meet your friends. There's no time to cook a meal; what you need is some fast food.


Most people think that fast food is junk food. What is junk food? Food that contains too much of the wrong things and too little of the right ones. So there is too much sugar, salt and fat in it. Typical junk foods are: hamburgers, fried chicken, chips, cakes, sweets, ice creams, biscuits and crisps.

But fast food can also be healthy. What about a banana? An apple? A pear? A piece of cheese? Some yoghurt? A glass of milk?

You can kill your hunger with a bag of chips, but it's much healthier to have some fruit or a glass of milk. And these things won't make you fat.

So why do so many young people choose junk food? One reason is that they see many advertisements for junk foods on television. Research shows that the more TV children watch, the more they ask for the advertised junk foods. As a result, they eat far too much sugar and fat and not enough fruit and vegetables. Another reason is that they do not know what they are putting into their bodies, and what it is doing to them. If they did, they would not eat so much junk food. Don't forget that you are what you eat!



-  (1) This text was written by an American.
 true false not in the text
- (2) Junk food contains too much fat
 true false not in the text
- (3) Healthy fast foods are hamburgers, fried chicken **and** apples.
 true false not in the text
- (4) TV influences what we eat.
 true false not in the text
- (5) Red apples are much healthier than green or yellow apples.
 true false not in the text
- (6) Children do not eat enough fruit and vegetables.
 true false not in the text
- (7) British children eat too many biscuits.
 true false not in the text
- (8) Children know a lot about the food they eat.
 true false not in the text

LÖSUNG



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