

Are fast foods good for society?



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Globally, people should eliminate the regular consumption of fast food restaurants. There is a variety of health problems that can come from eating foods that are made within seconds. Not only is health an issue, but as well as harming the rest of the environment and the effect it has on animal welfare. Although, some experts could argue that fast foods have advantages such as a lower price than other foods and it is faster and easier to purchase. For the purpose of this paper, “good” is defined as whether the fast foods are healthy for humans, if they are helping the environment or if it is indeed more convenient, meaning cheap or fast. I chose to gain knowledge on this topic because fast food chains are so common, but many people do not know what they are consuming; they do not know what some of the long term effects could be. Consumers do not realize the amount of harm it is bringing to society.

To begin with, eating fast foods can result in many health problems all over the world. For example, “Obesity is a medical condition that is currently becoming a bigger issue in China due to the expansion of easy accessibility to fast-food restaurants.” (St. Rosemary Educational Institution, 2015). The consumption of fast foods does result in a lot of weight gain, because of many chemicals that are being added to enrich the tasting of the foods. St. Rosemary Educational Institution, is a non-profit organization since 2012, ran by Christopher Humphreys and Kevin Si. Both Humphreys and Si, have their Bachelor’s in science, but they do not have a good emphasis. Unfortunately this organization, nor do these professionals specialize in food or fast foods. Not only is obesity a health problem but also, the longevity of a person can be harmed, according to Yuan (2015),

A report by the Japanese Government shows the impact of fast food in Japan. It warns that although the Japanese continue to have the longest life expectancy of any nationality, there has been a significant increase in the mortality rate from colon, lung, rectal and liver cancer among men, while breast cancer among women is also on the rise. Besides, the cholesterol levels of children from ages 8 to 14 do not bode well for their future health. In a word, fast food has done much harm to Asians’ health; what’s more, it has negative impact on their family and social lives.

Yuan is a young woman without a collegiate background, who has traveled all around Japan gathering information from professionals such as the Japanese government. She is not an expert

but has a commanding interest in Japanese culture. A point brought out by Euromonitor International (2015), concerning health is that,

Drop in demand over the review period caused by increasing consumer health awareness disease, diabetes and arterial hyper tension.

As a result of fast foods causing health problems, it made the consumers aware of the risks and therefore brought revenue down. The Euromonitor International company is known for "gauging the world's healthy eating", although they do not specialize in just healthy eating. This company states that they study consumers in more than one hundred countries; they do this in order to have a better understanding about the world, and to provide people with global information, as they mentioned to show "what consumers watch and buy". Some subjects seem to look into it globally such as entertainment, social life, eating habits, health and beauty, and beverages", they also like to study academic affairs, government affairs, supplier's affairs and supplier diversity.

Another perspective as to why fast foods are not good is because animal welfare is being harmed, and people are becoming more concerned because of this. According to Beecher (2015),

Not only celebrity chefs, but also large fast food chains and retailers are reacting to consumer concerns about humane animal practices. Burger King, for example, decided last year that it would switch to using eggs from cage-free hens and use pork products only from pigs that aren't kept and bred in small cages. McDonald's, Wendy's and other food-service companies have also adopted policies or reached agreements with the Humane Society of the United States on the human treatment of pigs.

The fact that people are becoming concerned about animal welfare; fast food chains are seeing that and wanting to take action on a better route. Mr. Beecher is a specialist in communications for many non-profit food organizations; he is the Director of Communications in the Institute, before that he was the Director of Public Relations for quite a few institutes. Beecher did not specialize in fast foods, and his educational background wasn't anywhere to be found on the internet, so he is not well-known. Not only is the safety of animals being harmed, but the well-being of our environment is being affected as well, according to Jagendorf (2015),

We use eight times as much land for feeding livestock as we do for feeding humans and approximately 260 million acres that were once forests are now grazed by cattle in the US. Worldwide, livestock rearing is responsible for nearly 20% of all greenhouse gases and is rapidly destroying rainforests in the Amazon and elsewhere.

This quote is describing how the environment is being used, and destroyed all to have more foods for the fast food meat production.

Mr. Jagendorf is an environmentalist. He tries to be well-known with what is going on in our environment. He also writes for the Earth Share organization, which is a non-profit organization since 2008. Besides his article, "How Does Your Diet Impact The Environment?", there was not much else that I was able to find about him, nowhere to find his educational background, just his article.

However, some people could argue that fast foods are good for society, because indeed they are easier and faster to purchase. According to D.F (2013),

Speed and efficiency of service: fast food restaurants are able to provide warm meals very quickly without encountering a significant loss through wastage. The idea of being able to order at a counter, receive your meal within seconds, and not have to worry about waiting to be seated, served means that fast food restaurants are often the first choice for many diners who are in a rush.

Most people that do not have time to be cook, preferably chose fast foods, and they love that they do not have to wait a long period of time to get their meals. D.F is not a much known writer, and his work is not specialized in food, or especially in fast foods, one of his articles that I was able to find was, "Why so many people eat fast foods". This article was very specific, and it gave some statistics. No educational background was available. Fast food chains have had their number of clients increase, because many clients love to have their food ready in a very short period of time, according to Ferdman (2015),

Global sales at Asian fast food restaurants have grown by nearly 500 percent since 1999, the fastest growth seen in any fast food category around the world, according to data from market research firm Euromonitor. Fast food here is defined as any restaurant that gets less than half its sales from sit-down meals.

Roberto A. Ferdman is a prolific Brown educated journalist who writes about food, culture, and economics. He is currently working for the Washington post and he has experience in editing, staff writing, and staff reporting, he is very adept in journalism through the years he has worked, which makes him credible. He has also won multiple awards such as the National Merit Scholar Finalist, National Hispanic Recognition Scholar, and the United States Presidential Scholar.

Roberto A. Ferdman also stated that,

People eat fast food, because, as the name says, it's fast! If you have a busy schedule and don't have time to prepare your own meal, then you will often opt for fast, convenient food. Just stop by the store, make an order and receive the food 5 minutes later. Cooking your own meal takes a lot of time. You need the time for groceries, which needs planning ahead for the food you want to prepare, then the cooking time.

Not many people enjoy waiting for food, so fast foods seem to be the better option for people like this.

An alternative perspective as to why fast foods are good is because they are much cheaper than other foods. According to Sifferlin (2013), “The smart people at the Harvard School of Public Health (HSPH) have crunched the numbers and its official: the healthiest diets cost just \$1.50 more than unhealthy diets.” Many people chose to eat healthier, but consequently it is expensive compared to fast foods, people are not willing to spend extra money just to be “healthy”. Alexandra Sifferlin is not a very well known author, but she has many pieces such as, “Trump’s Dubai Real Estate Partner Takes His Photo Off Building”, “1 Million New Americans Have Enrolled In Obamacare”, “With Early Breast Cancer Treatment Less May Be More: Studies” and “Eating Healthy Is Cheaper Than You Think”. She has written many more articles, but she is not specialized in researching food, and her educational background is nowhere to be found. Also, according to Euromonitor International (2015),

Fast food in Malaysia: The increasingly more affordable meals being offered by fast food operators have encouraged consumers to eat more fast food. Examples of fast food operators offering affordable meals are KFC Value Treats, McDonald’s McSavers and Subway Everyday Value. Consumers, especially the young generation, can afford this, compared to full-service restaurants and cafés.

Fast food in Malaysia made the fast foods more affordable so people would actually purchase more and be satisfied. The Eumonitor International company is known for "gauging the world's healthy eating", although they do not specialize in just healthy eating. This company states that they study consumers in more than one hundred countries, they do this in order to have a better understanding about the world, and to provide people with global information, as they mentioned to show "what consumers watch and buy". Some subjects seem to look into globally entertainment, "social life, eating habits, health and beauty, and beverages", they also like to study academic affairs, government affairs, supplier’s affairs and supplier diversity.

In analysis, on a global scale people should eliminate the regular consumption of fast food restaurants because it is not good for society. For the purpose of this paper “good” is defined as whether the fast foods are healthy for humans, if they are helping the environment, or if it indeed is more convenient meaning inexpensive and fast. There is a variety of health problems that can come from eating foods that are made in such a short period of time. Not only,

is health an issue but as well as, harming the rest of the environment and the affect it has on animal welfare. Conversely, fast foods have advantages such as, lower prices than other foods, and it is faster and easier to purchase. In conducting this research, I learned the price ranges of fast foods, and the readiness of it in countries all over the world. Also, what would be the benefits of eating healthier, which in turn would increase our longevity, reduce our chances to getting illnesses, and many other advantages. The research I conducted affected me greatly because it made me more concerned about the foods I consume. Further research needs to be conducted on how much the environment is actually being affected by fast food productions. Also, how awareness to all populations about the short and long term consequences of eating fast foods can bring to you.

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