

Rayhon Rustamova

Khorezm region, Yangiariq district School Number 5

FAST FOOD. WHY MOST PEOPLE ARE OVERWEIGHT AROUND THE WORLD?

Abstract: In this article there is information about fast food and a reason of its popularity. Also how it can lead to overweight, people's reactions to that. At the same time, researchs on connection between junk food and people's health. In some parts of the world there are different taxes on these products as well.

Key words: fast food, overweight, obesity, percentage, McDonald's, Nestle, tax, sugary drinks, stores, fast food areas, advertisements, high quality, meat, beef, child obesity, tobacco, alcohol, drugs.

In today's modern world, junk food plays a vital role in majority of people's life because of its some advantages. One of them is it is easy to cook and they can find such type of food any time and anywhere. If they work in companies, offices they don't need to spend time on cooking or going to restaurants to eat, they can go stores and get fast food and consume it along the way which doesn't require too much time. Additionally, they are comfortable for travellers due to they don't have to buy products to homemade cooking and picking them with themselves, they can go fast food areas and eat whatever they want.

However, it has a dramatic impact on people's life. Meaning, these days obesity is one the most problematic topics, because most people have this problem by consumption of junk food. Also when people eat them, it is almost impossible to stop consuming them . To illustrate, more junk food companies produce their products in a way that keep consumers hooked. They add sugar, calories and other additives which take attention. Also they focus on another factor that budget of residents. Readymade foods are much more cheap compared to homemade ones. As a result, most people keep buying cheap foods. For example, there has been a survey which has identified most consumers purchase junk food because of its cheap price and taste. In addition, companies use attractive advertisements to make people eat their products. They use the most successful and famous actors, singers that can help them to achieve their goals.

According to statistics, sugar, salt and fat are irresistible products that can make customers to have a willing to eat them again. Especially, sugar is the most harmful because it makes feel happy and when people are down they may want to eat sugary things or drink sugary drinks. Michael Moss who is an author of a book called "Salt, sugar, fat" has given explanations about them. Also it is compared to more problematic products such as tobacco, alcohol, drugs which is consired powerful as well as addictive. What's more, there has been a research about obesity and industrialized food which can cause overweight. In that case Nestle company has removed and stopped to produce unhealthy food, sausage products. About this issue, there was a meeting in 1999 8th of April in Minneapolis among big companies. They discussed how products can lead to obesity.

Based on statistics, Mexico is one of the countries that has a high number of overweight population. 76% of its adult population has obesity and they are rated with child obesity as well. In this part of the world, stores are full of junk food with sugary drinks and other products which are harmful for life. In 1980 this rate was 7%, in 2000 it was 24% and increased to 35% in 2018 which is expected to rise again with a high level if they are not limited. But, government has launched sugar tax, ban on children's advertising which is effective and warning labels. Also Switzerland has faced this issue like other countries, 42% of



its population is obese or overweight. After that, government has launched tax on sugars drinks. Right after Switzerland other European countries: Great Britain, France, Norway, Finland have done the same.

In the United States of America obesity is a big problem as other countries. 71% of Americans are overweight. From its history, in 1921 there was a white castle for people to eat out and it was specialized for hamburgers. They used high quality of beef meat that was loved by most of Americans. They has also a service which was comfortable for consumers and they started booking hamburgers. After that, KFC and McDonald's have been established which have been stable and successful since now. Chinese pizza have been popular as well. From 1980 unhealthy and low quality of food products became common and cheap which took most of the Americans attention and started eating them. These products were added calories on food, but after 1 hour or 2 hours they become hungry and seek out again. Instead of eating these low quality products if people consume fresh meat or salmon, they can be full for a long period of time. Unfortunately, it is not like this. As I mentioned above junk food consists of calories, companies add them more than enough which is like addictive.