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Fast Food

General Function: To persuade
Specific Purpose: After my speech my audience will further understand why fast food is bad for their health, the unsanitary conditions fast food restaurants cook in, and why they should avoid fast food overall.
Central idea (Claim)- I claim that most food from fast food restaurants are detrimental to people’s health and this food is the main cause of the rising rate of obesity and health problems.
Pattern of organization: Chronological

Outline:

I. Introduction
   A. Fast food, we all eat it sometimes, but do we know what we are “really” eating?
      1. A lot of Americans resort to eating fast food because it has become one of the easiest ways to get food when we are in a hurry or if we are just being lazy.
      2. With the popularity of fast food chains increasing drastically in the past 15 to 20 years, people’s waistlines and health problems have also been increasing.
         a. Obesity in itself has become a recurring problem in America from 1990-2010 with now 60% of American adults being classified as obese or overweight.
         b. According to the National Bureau of Economic Research, “Over this same period, the number of fast food restaurants more than doubled. Documentaries such as "Supersize Me" and reports in the popular press have frequently suggested that fast food is at least partly to blame for the U.S.’s rising obesity rates” (nber.org).
         c. Although there could be numerous causes leading up to obesity, fast food is a contributor non-the less.
   B. Not only is fast food bad for our health, but these fast food restaurants trick people by placing various chemicals in this food that we are unaware of.
   C. In the next few minutes I will show you what you are really eating, how this food you are eating is being cooked, and the potential health problems that can result.

II. Body:
   A. First, I am going to give you a quick overview on obesity. I am also going to show you why it is such a problem in America by showing you facts and statistics.
      1. According to the Mayo Clinic, “Obesity is defined as having an excessive amount of body fat. It can potentially increase your risk of diseases and health problems such as heart disease, diabetes, and high blood pressure” (mayoclinic.com).
         a. Although there are genetic and hormonal influences on body weight, obesity occurs when you take in more calories than you burn through exercise and normal daily activities. Your body stores these excess calories as fat. Obesity usually results from a combination of causes and contributing factors, including: inactivity, lack of sleep, pregnancy, genetics, medical problems, and most of all, unhealthy eating habits.
b. Here is the link from cdc.gov showing the obesity trends in America throughout the years from 1985-2010. [http://cdc.gov/obesity/data/adult.html](http://cdc.gov/obesity/data/adult.html)

2. With all of these obesity facts and statistics, there is not one specific cause that leads to obesity, but unhealthy diet and eating habits such as fast food, is one of the number one contributors.

3. According to Weight loss Med TV, Fast food has not proven to be the direct cause of obesity. However, because fast food is typically high in calories and the portions are large, it does promote eating too many calories, which can lead to weight gain and obesity (Schoenstadt).

B. Now that we know how fast food can potentially affect our health, let’s look at what we are eating when we order chicken nuggets from McDonald’s. (show pictures) That’s right, this pink item on the left is processed chicken that McDonald’s uses to make their chicken nuggets.

1. This is just one example I could find of the gross processed food that these fast food chains are frying up, but I’m sure it’s not the only one.

2. Although all fast food chains may not be like this, most of them are because they need to serve their customers in the cheapest and most efficient way possible for them, so they don’t take the time to freshly prepare every meal.

C. Not only is this food processed, but most fast food chains put hidden dangerous chemicals in this food.

1. Some of these chemicals include: all from livestrong.com
   a. PhIP (2-Amino-1-methyl-6-phenylimidazo[4,5-b]pyridine), a chemical that appears in the grilled chicken marketed by a major fast-food chain, says the Physicians Committee for Responsible Medicine. The organization says the substance, which forms when meat is heated to a certain temperature, is associated with human breast, prostate and colon cancers.
   b. PAPs (polyfluoroalkyl phosphate ester), which are chemicals that line fast-food packaging to make it grease- and waterproof. The substances leach to the food inside the packaging and end up in your bloodstream.

2. How can these fast food chains get away with this you ask? According to Livestrong.com, the Food and Drug Administration, or FDA, does not require food manufacturers to disclose some ingredients, such as artificial flavoring, in certain products.

D. Now that you have seen what you are really eating, why have fast food chains become so popular throughout the country?

1. The fast food business in itself has doubled in the past thirty years. Everywhere you look there are advertisements on television, billboards, websites, you name it, trying to get people to eat their food.

2. Fast food chains that we know such as Canes, Chick fi La, McDonalds, and Burger King, reel in customers with the cheap deals they have such as the dollar menu, combo meals, or certain specials of the month.

E. When it comes to sanitary measures taken in these fast food chains, studies have shown that most fast food restaurants aren’t clean.

1. Before you take a bite of a fast food hamburger do you ever stop to consider what has been involved in the preparation of it? Who has handled your food and how sanitary was
the process?
   a. If employees don't wash their hands before returning to their shift can
      unknowingly spread bacteria and other diseases.
   b. According to Essortment.com, other unsanitary factors include: pest problems,
      hair from hats or hair nets, and bacteria build up on counter tops.

2. Fast food is convenient, but not always the cleanest, and most average people do not
   think about all of the factors that go into making the typical fast food meal.

F. Even though fast food restaurants are known for their greasy processed food, some restaurants
   are starting to introduce limited healthier options on their menu such as salads and smoothies.

III. Conclusion
   A. Now that you know more about how fast food and how it affects peoples health and
      what you are eating, I hope that you think twice before driving through the next fast
      food place that you are craving that day.
   B. A lot of fast food restaurants do not display their nutrition facts for everyone to see,
      so I printed out some from various popular fast food places for you to see.
   C. So, I challenge you to not take the easy way out when it comes to eating but if you
      have to choose fast food, choose one of the limited healthier options they serve.
Works Cited


