The Main Idea Strategy: Student Practice Lessons

Name

Date

Passage #9

**Fast Food**

You’ve just had a long day at work. You woke up at six o’clock and worked until 5 PM. Your stomach is growling. You’re very tired. It’s thirty minutes from your house and you have to pick up the kids from daycare. You have no idea what’s in the refrigerator. At this rate, you would eat at 7:30 if all goes right. On the highway, there’s a one fast food place after another. What should you do?

Collectively, restaurants that offer little more than burgers and fries and a drive through are called “Fast Food Restaurants.” When you go to the drive through, you can order your meal. By the time you drive around the building, the food is ready. It takes all of five minutes! Then you can drive home and eat in no time at all. It couldn’t much quicker.

Most meals come as “combos.” That means “combinations.” You get your meat, a side order, a drink, and sometimes a dessert. For about five dollars, a person can get a hamburger, french fries, and a soda. All you have to do is order a combo. Then your entire meal is instantly ready. You don’t have to get any food or drink on your own.

Some restaurants offer toys to go along with their kids meals. For about three dollars, a kid can get a burger, fries, soda, and a toy. The toys may not even be anything special to an adult. They are to kids though. It is easy for kids to associate toys and fun with most fast food restaurants.

No wonder so many kids ask their parents to take them to a fast food place!

Fast food sounds like a good deal, right? Well, in 2004, someone made a movie about a guy who ate at a fast food restaurant everyday for an entire month! He gained a lot of weight. That probably happened because most fast food is fried in grease, so fast food is usually very fattening. He also reported feeling angry, depressed, and tired. You might want to keep these things in mind if you eat fast food often.

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