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Fast Food: A blessing or a curse?

Growing up in my generation going to a fast food restaurant was considered a treat knowing that you were rewarded for good behavior exhibited at home, school or anywhere for that matter. Despite knowing that the food wasn't necessarily good for you; you ate it anyway. Although, knowing that you didn't have to eat dad's homemade lasagna was exciting! Eating out was something extra special growing up because not only did you get to have your favorite pepsi product to go along with it, but at the end of every meal (in many cases) you would receive a toy. I feel that it has

become normal in today's culture to eat out on a daily basis for certain meals if not all of them. People love eating out in America for many reasons.

Many of the fast food chains you go to, the food offered is often relatively inexpensive. This is especially nice if you have children to feed, because if it's inexpensive and tastes delicious to the children eating it, then it is a win-win situation for all involved. Eating-out also saves you from doing the dishes before and after dinner which is typically required after eating at home. When you finish an 8 to 10 hour day at work, the last thing you want to do is come home and not only cook a meal (with sometimes over an hour of preparation), but follow that up with an hour of clean-up afterwards as well. All while juggling the daily chores required of you to finish out your day's work. Finally, eating out can be relatively cheap, extremely fast and easy to use when you are on the go, especially when they serve all three meals of the day. Whether you are on your way to the office or school, even on a long road trip and need something quick and easy; eating out is ideal for many Americans in today's society.

But what if we were to break from today's traditional thought on fast-food outings; and turn to what we would consider to be rather untraditional... to begin to eat with one another around the dinner-table again. After a decade or more of eating on the go, or in a hurry out the door, many Americans have lost the one thing that has proved to hold thousands of families close to one another for generations. Whether or not we know it, eating out less can and would help Americans for many reasons.

If more American families ate at home, sitting around the dinner table together, I believe it would benefit them greatly because it is the perfect time for families to build a special bond and just unwind, be together and let go of all the stress and troubles from that day. I think that growing up eating family dinners with your family is very important and has a large impact on all of the family. Sitting and spending time with your family at the dinner table not only has an impact on the parents, but it also instills good habits in their children.

Even though being together with your family at the dinner table is very important there are other great benefits to eating in. As we all know, one of the biggest problems known in America is obesity due to the many Americans choosing to eat out at fast food chains rather than their own home. Another health issue arising due to eating out for Americans is diabetes. Every year the risk for young Americans at risk for diabetes continues to grow.

In the future if more Americans chose to eat healthier and to live a healthier lifestyle, our problem with obesity and diabetes would decrease drastically due to better eating habits and a healthier lifestyle. If we ate healthier we would not only benefit physically but also our mental strength would increase as well due to the healthier things that we would be putting into our bodies instead of the greasy, fattening things that come along with that of eating fast food.

Since the beginning of time America has always been forming and creating new traditions. We have the power to change the way that the world thinks by instilling good habits into our generation of people and teaching their kids the importance of eating healthy and the benefits of doing so as well.