



## Cultural Phenomena

Fast food (19)

13:45 minutes

Two-track audio

**00:00** Fast food is widespread today. Families once used to share their meals at home. But fast food has put an end to traditional eating. Today, people eat wherever they feel like it.

**00:11** Fast food simply refers to how quickly something is ready to eat – it doesn't have to be unhealthy.

**02:03** In the early Stone Age our ancestors had their own kind of fast food – from hand to mouth. It was only the discovery of fire, and cooking and eating together, that made these people more sociable.

**02:37** The first take-aways appeared in Roman times, as hot stews were sold in the streets. 1500 years later, in the Industrial Age, take-away stands sprang up in front of factories. Sausages were cheap, fatty energy sources for the workers.

**03:14** The mixer salesman Ray Kroc discovered the fast food restaurant owned by the McDonald brothers. Hamburgers and French fries conquered the world.

**05:44** Is fast food addictive? Some experts think it isn't while others see the combination of fat, salt and sugar as potentially addictive.

**07:04** The critical documentary «Super size Me» about a self-experiment with fast food reveals the health risks of such a diet. When it was shown in 2004, McDonald's took its super size meals off its menu and replaced them with salads.

**08:31** In the children's clinic in Davos obese children are treated. Their state of health is alarming: blood pressure and sugar level are high; they are in pain. Their quality of life is low.

The amount of waste from fast food packaging is gigantic: half of everything thrown away comes from fast food.