

The world of fast food

1 Read the text.

The expression 'fast food' refers to typical cheap food prepared and served quickly in bags, plastic wrapping or cartons, usually to be taken away. For this reason it is frequently eaten with fingers and cutlery is not used. The typical form of British fast food is the sandwich, apparently invented in 1762 by a nobleman, John Montagu who was the Earl of Sandwich. He put meat inside his bread because he did not want to stop working or gambling.



Britain has adopted fast food from other countries, too, for example pizza from Italy, kebab (grilled meat on a slice of bread with sauce and dressing) from Turkey and Lebanon and curry from India. The first hot dog was sold in 1867 and the first fast-food restaurant was opened in 1912, both in New York City. These fast-food restaurants became very successful in the 1920s and 30s.



The most popular franchising fast-food restaurants in the UK are McDonald's and Burger King, with respectively 31,000 and 11,100 restaurants. These American chains can be found in more than 100 countries all over the world. A survey that was carried out in 2008 has shown that the most fast-food restaurants per person in the world are in the UK, followed by Australia and the USA. The largest fast-food industry is in the USA, but in recent years different kinds of Asian food have also become popular in western countries, for example Chinese food. Sushi (Japanese fast food that includes rice with fresh raw fish) is very trendy, too. Fast food has often been criticised because of its portion sizes, great quantity of calories, high fat and low fibre content that cause obesity and diabetes. This has led to a new movement called 'Slow Food' that tries to defend and promote local cuisines and ingredients.



Slow Food
Deutschland e.V.

Glossary

wrapping *contenitore*
cutlery *posate*
gambling *giocare d'azzardo*

2 **INVALSI** Read the text again and choose the correct option (A, B, C or D).

- To take it away, fast food is NOT usually put...
A in bags. C in plastic wrapping.
B on plates. D in cartons.
- The sandwich is said to be invented by...
A Mr Sandwich. C Earl Nobleman.
B John Montagu. D Mr Earl.
- British people use fast food...
A from many foreign countries.
B mainly from Italy.
C mainly from India.
D only from Turkey and Lebanon.
- Fast-food restaurants became popular in...
A the year 1912. C the year 1867.
B the 1920 and 1930s. D the year 1762.
- In 2008 the country that had the most fast-food restaurants per person was...
A the USA. C Australia.
B the UK. D Italy.
- Slow Food wants to...
A slow down the speed of eating fast food.
B slow down the preparation of fast food.
C defend the preparation of fast food.
D promote other types of food.