1-Fast food is one of the most preferred foods chosen by people because it minimize the time. But many studies claim that fast food is unhealthy. It is agreed that it is not good for people's health because of low nutrient and negative effects.

2-First of all, one reason why fast food is unhealthy is because it only gives low nutrient that harms consumers. The level of nutrients in people who eat a lot of fast food is different with people who eat a lot of fresh food. For example, studies from university of London have shown that children who are given more fast food will have a lower IQ than those who regularly eat freshly cooked food. Thus, the more a person eats fast food, the lower IQ of the person is. In addition, beside fast food harms consumers because of low nutrient, it also harms consumers' health. In brief, low nutrient is very important to be considered by all current human.

3-Secondly, many people in this present time choose fast food because it minimizes the time. By contrast, in fact, fast foods bring negative effect for them. For instance, addictive substances commonly contained in the preservative and food coloring, it can cause liver damage and liver cancer unfortunately, and the effects of these harmful substances are the long-term nature and will attack human humans as a result of damage of liver function. Therefore, paying attention to the negative effects of fast food from an early age could keep people from a variety of consequences that will be caused by fast food.

4-To summarize, it is important for people to limit consuming fast food because of low nutrient and negative effects. Thus, they should consume fresh food to keep healthy.