

## TEENAGERS AND FAST FOOD

Personally, I think fast food it's a great idea when you don't have another option, but it's dangerous when you make it a habit. Fast food converts into unhealthy energy, fat and carbohydrates. It is also harmful for academic and physical efficiency. Obviously, the more fast food you eat, the more changes you will have on your body, and it will affect all your capabilities.

Hopefully, there are a lot of things we can do to persuade students to eat healthier. We can implement healthy food viands, with salad, fish and no processed products. Educational talks about how to eat including proteins, calcium, nutrients, vitamins and fibre is a very good idea too.

Josefina Pringles