Globally, fast food centers are becoming more and more these days as it commonly seen that mostly younger ones are attracted to these junk foods. It can be agreed that eating out side causes health issues as well. This essay explains why people are interested and what are the risks caused by consuming this kind of food.

For one, not having enough time to prepare food at home with their busy work life, as a result, people prefer to eat outside in order save time and energy. For example, a working woman comes home after her busy schedule and not having energy to cook food for her or for her family. Thus, woman prefers to take her family out for dinner. This makes it clear that children are very much habituated to go for restaurants and fast food centers due to their busy working parents.

In addition, consuming non-healthy food causes serious health issues. For example, food restaurants are mainly concerned about the yummy taste of the dishes but not the vitamins or proteins as this shows that children are not releasing the risks caused by eating non-healthy food because of their immature mind. Thus, it is obvious from this that non-energy food causes diet problems and makes the person weak.

In conclusion, parents should take care of their children diet even when they go out. It has proven that why youth is more attracted and how serious are the health problems. It is recommended that each and every individual should follow the diet instructions to keep fit and healthy.