# 关于快餐的范文英语作文优选14篇

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*关于快餐的范文英语作文 第一篇Fast foodNowadays, fast food is very popular in china, especially children and young people enjoy eating ...*

**关于快餐的范文英语作文 第一篇**

Fast food

Nowadays, fast food is very popular in china, especially children and young people enjoy eating fast food very much.

Fast food is loved by people for four reasons. First, fast food is very convenient and it saves time. Second, fast food can be eaten in the restaurant or you can take it home. Third, fast food restaurants are very clean and comfortable. Last, the service in the restaurants is very good and the quality of the food is good.

However, we can’t get enough nutrition from fast food and it is not good for our health. So if we don’t have enough time, we can consider eating fast food. But we should eat it once in a while. Children should eat less fast food. We should eat more healthy food。

>【参考译文】

如今，快餐在中国非常流行，尤其是儿童和年轻人非常喜欢吃快餐。

快餐受人喜爱有四个原因。首先，快餐很方便，节省时间。第二，快餐可以在餐馆里吃，也可以带回家。第三、快餐店非常干净舒适。最后，在餐厅的服务是非常好的，食品质量好。

然而，我们不能从快餐中获得足够的营养，这对我们的健康没有好处。所以，如果我们没有足够的时间，我们可以考虑吃快餐。但是我们应该偶尔吃一次。儿童应少吃快餐。我们应该多吃健康食品。

**关于快餐的范文英语作文 第二篇**

Fast food is very popular in the foreign countries, so many children have the problem of obesity. But nearly every kid like to eat fast food, because it smells really good. But it is known to all that fast food is not good for people’s health. Eating it for a long time will make them lose nutrition and become fat. So we’d better stay away from fast food, or if we like it so much, we should not eat it often.

快餐在国外很受欢迎，所以很多儿童都有肥胖的问题。但几乎每个孩子都喜欢吃快餐，因为快餐闻起来很香。但众所周知，快餐对人们的健康不好，长时间吃会使他们缺失营养而且变胖。所以我们最好远离快餐，或者即使很喜欢也不要经常吃。

**关于快餐的范文英语作文 第三篇**

1．快餐正在流行。

2．快餐的弊端。

3．你对快餐的态度。

life pace moves very fast these days. people don＇t like to waste time on their breakfast and lunch ecept their business luncheon and family occasions. they always have their meals out of or in their offices. with this kind of new custom, fast food is getting more and more popular. you may rind mcdonald＇s, kentucky fried chicken, hainburger shops everywhere. in recent years, fast food rushes into china, and chinese young people begin to be fond of it. but is anything popular a good one? the answer is no.

it＇s reported that fast food is unfit particularly for children who need more nutrition for their growth, for there is little nutrition in it. if you always have it, your health will be badly affected. unfortunately, there are still many people spending much money on fast food, with anidea that they are enjoying themselves in a new life style.

it is not easy dealing with popular things. certainly we shouldn＇t abandon something new rashly, and it＇s not wise to give up eating forfear of being choked, but it＇ s more important that we should accept it by carefully choice. only in this way can we keep ourselves independent, and have the children grow healthily. and the same is true of the case of fast food.

**关于快餐的范文英语作文 第四篇**

Fast food is becoming more and more popular in China,especially among children and is more representative of the fast pace of modern society than fast are several reasons for its is quick and into a fast food restaurant,and your food will be ready in a can satisfy your hunger time wont be wasted in waiting-in-line to order or waiting at your table for your food to popularity is also attributed to the clean food,the excellent service and the comfortable environment of the fast food restaurant.

However,I think that fast food isnt healthy enough because it does not compose a balanced diet and is low in suggest that people should avoid eating too much fast home cooking is time-consuming and following washing-u p tiresome,it offers healthy and delicious meals your body likes and food I s only a good choice when you are in a hurry and we should turn to it only once in awhile.

【参考译文】

不过，我认为快餐是不健康的足够的因为它不构成一个平衡的饮食和低营养。医生建议人们应该避免吃太多的`快餐。虽然家里烹饪费时以下洗眉p讨厌，它提供了健康和美味的餐你的身体喜欢和需要。快餐i一个很好的选择只有当你在赶时间，我们要把它在一段时间只有一次。

**关于快餐的范文英语作文 第五篇**

With the rapid development of the societymore and more people are busier with their own have so litle time that they can\'t spare too time on cooking.

As a resultthe fast food become more and more all because that fast food are convenient.

Howevereating fast food have so many allit can\'t provide enough nutrition that we need.

Besideswe may get fed up with the fast food as we eat it for a long can\'t always have the food that we want.

In order to ameliorate the fast foodI think the variety of the food shoud be increased.

Vagetables and meat should be included at the same time and it must be clean enough for the customers.

**关于快餐的范文英语作文 第六篇**

Fast food has been full of our life. Different people have different views on fast food. Some people think that fast food is necessary in our society, while others think that fast food is harmful to our health.

Fast food is necessary, but it is not a necessary aspect of our life. In our society, fast food is not as good as homemade food Nutrition, but it\'s a good alternative when we\'re in a hurry and don\'t have enough time to prepare our own food. It can help us save a lot of time.

In addition, fast food is cheap, but there are many kinds of food, and we can taste different kinds of food with less money. However, fast food is not necessary. Sometimes fast food can replace our homemade food, but we should not eat it often.

Compared with homemade food, fast food provides far less nutrition. Therefore, eating fast food can not provide enough for our growth Nutrition, food safety is another factor we should consider when eating fast food. In short, fast food is sometimes necessary in our life, but we can\'t eat it at the same time to meet people\'s needs.

Fast food restaurants should develop and provide more nutritious food and strengthen the supervision of food production.

中文翻译：

快餐已经充斥在我们的生活中，关于快餐，不同的人有不同的看法，一些人认为快餐在我们的社会中是必要的，而另一些人则认为快餐对我们的健康有害，快餐是必要的，但不是我们生活中必须的一方面，快餐在我们的今天是必要的社会上虽然快餐不如自制食品有营养，但在我们匆忙、没有足够时间自己准备食物时，它是一个很好的替代品。它可以帮助我们节省很多时间。此外，快餐价格便宜，但种类繁多，而且我们可以用更少的钱品尝不同种类的食物，然而，快餐并不是必须的，有时快餐可以代替我们的自制食品，但我们不应该经常吃它与自制食品相比，快餐提供的营养远远不够，因此，吃快餐不仅不能为我们的成长提供足够的营养，食品安全问题是我们吃快餐时要考虑的另一个因素。

总之，快餐在我们的生活中有时是必要的，但我们不能经常同时吃，以满足人们的需要，快餐店要开发和提供更多营养的食品，加强对食品制作的监管。

**关于快餐的范文英语作文 第七篇**

Fast food and takeout are very common things in China, such as KFC and McDonald‘s. Many people choose to eat instant noodles to save time, because it is very convenient to eat these instant foods, which can save a lot of time, especially for Chinese children. They eat a lot of this kind of fast food and like that kind of food, but are those foods really healthy? This is not the case.

Instant noodles and fast food are more nutritious than their own meals, but they will eat faster, and they will become more obese if eaten more. So why do these foods have so many hazards, people still have to eat them. Because eating these foods, you don’t have to cook by yourself, and you can eat them faster. Another point is that these foods are often put with some seasonings that we don‘t know, so they will become more delicious. In fact, there is no greater change in nutrition. Even fast food is called junk food. So in our life, eating is also an important choice for food.

Nowadays, obesity has become a frequent cause of diseases, such as high blood pressure, high blood sugar and high fat, which will cause a series of diseases. Therefore, balanced diet is an inevitable topic now. For Chinese children, the growth stage is to grow up for a long time. They can’t eat fast food without nutrition for a long time, otherwise, they will suffer from poor growth and more diseases Disease, we must not because of delicious and go to overeating, these are not good habits.

**关于快餐的范文英语作文 第八篇**

Now a lot of students go to school in a hurry so that they have no time to have breakfast. But not having breakfast will do harm to their health and their study.

Having no breakfast will throw the normal work of our digestive system into confusion. As a result it will do harm to our health.

And at our age it is high time for us to grow up. So our bodies are in great need of energy. If we don\'t have breakfastthere will be not enough energy to supply.

This may stunt our growth.

What\'s more it is a long period between breakfast and lunch. Breakfast provides us with the energy needed for the class.

Without breakfast，we cannot get along well with our classes. So for the sake of our health and our study we must have breakfast.

**关于快餐的范文英语作文 第九篇**

Fast food guide: a title: fast food B word limit: about the word C, your composition should be based on the outline given in Chinese. Boast: a B fast food is becoming more and more popular in China, especially among children and agers. First of all, it is very convenient and saves a lot of time.

You just go to a fast food restaurant and order your food. Your food is ready in time. Second, you can eat it there or take it away.

Third, the environment of fast food restaurant is clean and comfortable. Fourth, it has good quality Service, the quality of food is guaranteed, but its nutrition, it is usually unbalanced diet and low nutritional value of fast food is a good choice, only when you are in a hurry, occasionally turn to it, but for people, especially children, eat fast food as little as possible.

中文翻译：

快餐指南：A标题：快餐B字数限制：关于C字你的作文应该以中文给出的大纲为基础吹嘘：A B快餐在中国越来越受欢迎，特别是在儿童和青少年中，它的流行有几个原因首先，它非常方便，节省了很多时间你只是去一家快餐店，点你的食物，你的食物及时准备好了第二，你可以在那里吃，也可以把它带走第三，快餐店的环境既干净又舒适第四，它有优良的服务，食物的质量是有保证的，但它的营养，它通常是不平衡的饮食和营养价值低的快餐是一个不错的选择，只有当你很匆忙，偶尔转向它，但对人们，特别是儿童，吃快餐尽量少。

**关于快餐的范文英语作文 第十篇**

As we all know , fast foodis becoming more and more popular in Chian,childrens and teenagers to eat fast food very much.

There are many reasons for its popularity . Firstly, fast food is very conrenient and save time. Secondly,fast food restaurant enviroment is clean and comfortable. Thridly,fast food restaurant have good service and has a very good taste. However,it also has many disadrantages. Every coin has two sides. At first,nothing balanced diet. Last but not least , eat many fast food put on weight.

In my opinion, fast food can try, but childrens should not eat fast food, it many do harm to their health.

**关于快餐的范文英语作文 第十一篇**

Fast food becomes more popular now, especially among the teenagers and the children. Why do so many people like fast food?

快餐食品现在越来越流行，特别是在青少年和儿童中。为什么那么多人喜欢快餐呢?

For one thing, it\'s very fast and convenient. It always serves in no time, so we can either eat it in the restaurant or take it away. For another, because of the different ways of cooking, it looks nice and tastes delicious. What\'s more, the service and environment is good, so that we can have our dinner in a happy mood.

一方面，快餐很快也很方便。总是很快就能上菜，所以我们可以在餐厅里吃或者把它带走。另一方面，因为烹饪方式的不同，它看起来很好看，吃起来也很好吃。更重要的是，服务和环境都很好，这样我们就可以在一个愉快的环境吃晚餐。

However, in terms of nutrition, it\'s far from satisfactory. Most fast food is junk food. It contains so much sugar and fat, which makes us put on weight so easily. Since the westerners have the fast food every day, most of them have heavy weights, high blood pressure and bad teeth.

然而，在营养方面，它是远远不能令人满意。大多数的快餐都是垃圾食品。它含有太多的糖份和脂肪，这会很容易增加我们的体重。因为西方人每天都吃快餐，所以他们大多数人都超重，血压高，有坏牙齿。

Therefore, I suggest that we should eat less fast food but more nutritious dishes.

因此，我建议我们应该少吃快餐多吃更有营养的菜肴。

**关于快餐的范文英语作文 第十二篇**

In present-day China, fast food is so popular, especially among children and teenagers, that it can be seen in every big and medium-sized city. It’s even difficult to think of any other single thing that represents the fast pace of modern society in the way that fast food does. Some people think it is very convenient and saves a lot of time. The trends of modern society seem to all point to one ultimate goal—saving time, and fast food well serves this purpose. In their opinions, its popularity is also attributed to the restaurants’ clean and cozy environment, excellent service, and guaranteed quality of food and drinks.

在当今的中国,快餐非常受欢迎,尤其是儿童和青少年，这在每一个大、中型城市中都可以看出来。很难想到除了快餐还有别的任何其他单一的事物能代表现代社会的快节奏。有些人认为快餐很方便而且为他们节约了很多时间。现代社会的潮流似乎都指向一个终极目标，那就是节约时间,快餐正好迎合了这个目标。他们认为快餐的流行也归因于餐厅干净、舒适的环境,优质的服务,有质量保证的\'食物和饮料。

However, others maintain that fast food is usually low in nutrition and can’t be regarded as a balanced diet. For example, doctors suggest that people, especially children, eat fast food as little as possible. Besides, although cooking at home is time-consuming and the following washing-up tiresome, it offers healthy and delicious meals your body needs and likes.

然而,另外一些人认为快餐通常是低营养、不能视为均衡饮食。例如，医生建议人们，特别是孩子，尽可能少吃快餐。此外,虽然在家里做饭是耗时的,而且洗碗也很无聊，但它给你的身体提供了所需并喜欢的健康、美味食物。

As far as I’m concerned, fast food is not my best choice. For one thing, I prefer traditional spicy Chinese food. For another, being engaged in the work all day, I may spend one or two hours to prepare my favorite dishes to ensure myself a nice rest. As a result, fast food is only a good choice when I am in a hurry and resort to it once in a while.

在我看来,快餐不是我最好的选择。首先,我喜欢传统的的中国菜。另一方面,从事一整天的工作,我可能会花一两个小时来准备我最喜欢的菜来确保自己得到很好的休息。因此,快餐仅仅是我匆忙和度假时的好选择。

**关于快餐的范文英语作文 第十三篇**

As a coin has two sides western fast food has both benefit and harm.

Just as Chinese fast food also has some fried cuisine western fast food does have some low-calorie and nutritious dishes such as vegetable soup and salad.

What\'s more the western food restaurants such as KFC and McDonalds have strict quality control guarantees to provide safe and healthy food for the customers.

Therefore we can not criticize the westem fast food as junk food.

Western fast food =Junk food

I think we need food for energy just as a car needs fuel. A balanced diet is important to one\'s health.

However now more and more people especially the children crowd into the western fast food restaurant such as KFC and McDonalds where hamburger and French fries are served.

In my opinion the western fast food is just a kind of junk food which might lead to chronic food security problems.

Many people in westem counties are becoming increasingly concerned that the fast food diet is a major contributor to serious health problems such as obesity and heart disease.

Westerners are changing their habits accordingly. so what about ourselves?

**关于快餐的范文英语作文 第十四篇**

>题目要求：

Directions: For this part, you are allowed 30 minutes to write a composition on the topic Fast Food. Your composition should be based on the Outline given below:

1.快餐在中国十分流行

2.快餐受欢迎的原因

3.我对快餐的看法

>参考范文：

Fast Food

Fast food is becoming more and more popular in China, especially among children and teenagers. Today, nothing is more representative of the fast pace of modern society than fast food. There are several reasons for its popularity. First, it is quick and convenient. Go into a fast food restaurant, and your food will be ready in a minute. You can satisfy your hunger instantly. Precious time wont be wasted in waiting-in-line to order or waiting at your table for your food to arrive. Second, its popularity is also attributed to the clean food, the excellent service and the comfortable environment of the fast food restaurant.

However, I think that fast food isnt healthy enough because it does not compose a balanced diet and is low in nutrition. Doctors suggest that people should avoid eating too much fast food. Although home cooking is time-consuming and following washing-u p tiresome, it offers healthy and delicious meals your body likes and needs.

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