

Youth Culture Lesson
Finding Teachable Moments in Culture
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Something to Chew On

Fast Food Inspires Love, Hate

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What Happened:

Zagat, cultural cataloger of all things foodie, recently conducted an online survey of what its readers thought were the best fast-food joints in the country. More than 6,000 passionate food critics responded.

The Results:

Best Burger – In-N-Out Burger
Best French Fries—McDonald’s
Best Salads—Panera Bread
Best Fried Chicken—KFC
Best Value—McDonald’s

Some of those surveyed offered their own comments:

“All the major food groups represented: salt, fat and carbs,” said one.

“If mayonnaise were currency, these guys could fund the bailout,” wrote another.

Meanwhile, national rates of obesity are skyrocketing. Nearly 18 percent of teens were classified as obese in 2006, compared with just 5 percent in 1980. Many experts say fast food is to blame.

Source: Centers for Disease Control and Prevention

Consider:

An In-N-Out Double-Double with Onions – 670 calories
A large order of McDonald’s French fries – 500 calories
KFC Extra-Crispy Chicken Breast and Thigh – 860 calories

A calorie is a unit of food energy. Recommended daily caloric intake varies from person to person. On average, to maintain a desirable weight, men need about 2,700 calories per day; women need about 2,000 calories per day. These figures assume low activity levels and do not take into account age, height, weight, daily activities, body composition and other factors, such as stress, medications, etc.

Talk About It:

Do you eat fast food? What’s your favorite? How often do you eat fast food?

Do you think fast food makes people fat? Should parents encourage their children to eat healthier foods? Should the government?

What the Bible Says:

“When you sit down and eat with a ruler, observe carefully what is before you...Do not desire his delicacies, for they are deceptive food” (Prov. 23:1, 3).

“And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek His kingdom, and these things will be added unto you” (Luke 12:29-31).

“Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on Him God the Father has set His seal” (John 6:27).