

American and *British cuisine*



Scientists at Hampshire County Council tested the contents of several types of fast food and made alarming discoveries.





Modern food



Just a few of the thousands dishes







HAMBURGER



HOTDOG



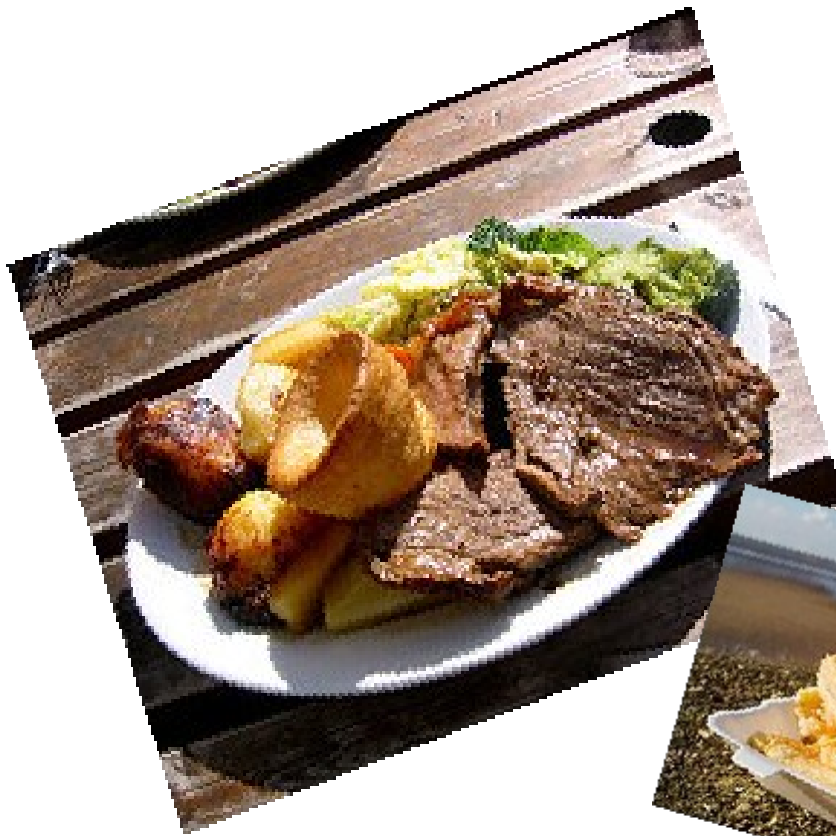
tortellini and bean soup



There is nothing better than a roasted beef tenderloin when you want to splurge for a special occasion meal.



There are few cuts of meat as user-friendly as pork loin. This delicious and easy pork loin recipe takes only minutes to prep for the oven, and the results are a moist, lean, and aromatic roast.



Looks delicious but is very harmful to human health

British cuisine is often ridiculed and considered obsolete, too conservative and unimaginative. Historically there are explanations for the British way of cooking, pies and puddings may be that traditional was a fair settlement to end a hard day's work for workers in agricultural and industrial environments. Also be taken into account the climate, often cold and damp, and insular and elitist mentality of the English, which should make them all yourself. Also all the rationalizations of food, especially during the second world war were not helpful in the development of British culinary imagination.







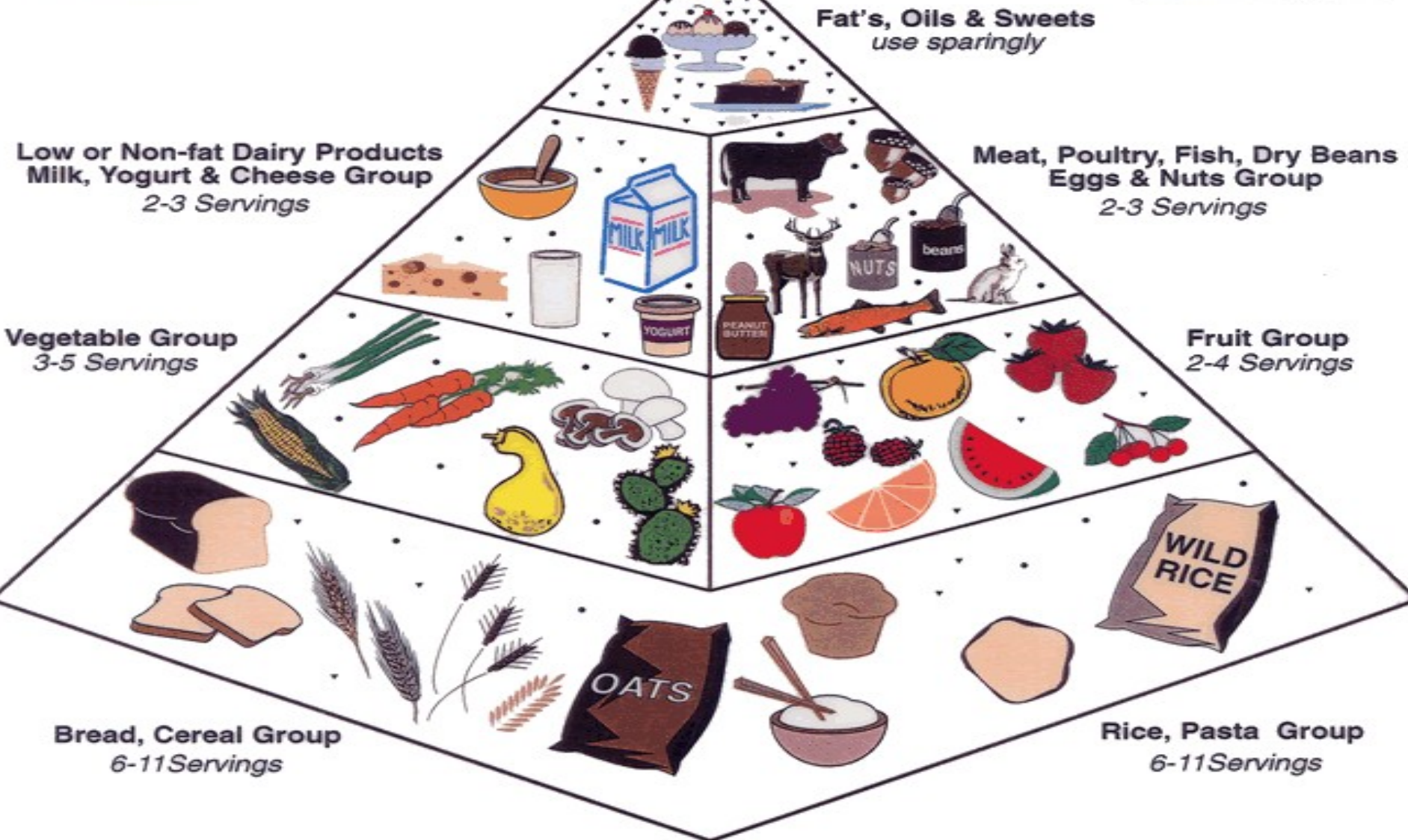
Source:
Wikipedia.ro

A Guide to Daily Food Choices



KEY
 These symbols show fats, oils, and added sugars in foods.

-  Fat (Naturally occurring and added)
-  Sugars (added)



Sources:

- ***en.wikipedia.org/wiki/Fast_food***
- ***www.facebook.com/***

Thank you for your attention!

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