

**BACCALAUREAT TECHNOLOGIQUE  
OPTION: RESTAURANT**

**SUJET 8**

**EPREUVE ORALE:**

Durée de l'épreuve: 30 minutes

Préparation: 15 minutes

Prise de parole: 15 minutes

1. Describe and comment on the two documents.
2. Speak about advantages and drawbacks of the two kinds of restaurants.
3. Are fast-foods killing good restaurants.

**DOCUMENT 1****DOCUMENT 2**

## **Fast-food versus full service restaurants**

### **Fast Foods Are Convenient**

It seems like you can find fast food restaurants on nearly every street corner, and going to a drive-through or using home-delivery makes going to a fast food restaurant appealing. Fast food restaurants enable you to consume ready-to-eat, fresh, portion-controlled foods. If you want to eat healthy food but don't want to prepare it at home, you can order something healthy from a fast food restaurant. This could include oatmeal made with milk or a salad that has a variety of greens, vegetables, nuts and grilled chicken. Although fast food is convenient, be wary of purchasing unhealthy foods, such as fried chicken and pizza, simply because they are available and are appealing.

### **Fast Food Restaurants Offer Various Choices**

A wide assortment of fast food styles lets you experience foods from various cultures so that you don't need to spend exorbitant amounts of money at full-service restaurants. Fast food restaurants that offer burgers, chicken and sandwiches are plentiful, but fast-food restaurants that offer Chinese, Italian, Mexican and Middle Eastern dishes also are plentiful. Even though many of these international offerings may be fairly healthy, they also may be high in calories and unhealthy nutrients.

### **Fast Food Restaurants Cost Less**

The low cost of a fast food meal compared to a meal at a sit-down restaurant can help you stay within your budget. Home cooking, though, enables you to serve healthier, less expensive meals. If you want to eat healthy foods on a budget, purchase foods such as tuna, peanut butter, dried beans, brown rice, whole pasta and seasonal produce. These nutritious items are relatively inexpensive.

### **Fast Food Restaurants Have Calorie Counts**

The Patient Protection and Affordable Care Act of 2010 requires chain restaurants to post calorie counts on menu boards. You can use this information to make low-calorie decisions when you eat fast food. Restaurants that have fewer than 20 locations, such as small, family-owned establishments, do not need to provide nutritional information. When you don't have access to calorie counts, you may be more likely to eat more calories than you had intended.

## **How Can Fast Food Cause Obesity?**

- Fast foods are also said to contain high amounts of sugar, oil, flour and sodium or salt which are all significant contributors to the condition of obesity.
- Fast foods which are usually fried preparations are contributing factors to indigestion and acidity. Metabolic malfunction arising from the frequent intake of fast foods can result in uncontrolled overeating tendencies that can be the leading cause of weight gain or obesity.
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- They contain food additives or taste enhancers. Such an ingredient present in any fast food is a salt called Ajinomoto. Chemically, it is called Monosodium glutamate or MSG. Research studies have revealed that MSG is an Excitotoxin. These are substances that stimulate the cells in the brain called the Neurons. As a result, they get damaged and die. Unfortunately, there is no mechanism in humans which can separate this toxin substance from the blood and stop it from entering the brain. The region of the brain affected by this is called Hypothalamus. The damage caused to this section of the brain leads to abnormalities in the body. One such abnormality is Obesity. A

research study has confirmed that the main reason for [childhood obesity](#) in the United States is the early exposure of children to Excitotoxin rich food items. Some of the other complications associated with early exposure to MSG are sleeping difficulties, impaired growth and emotional problems.

- Moreover, fast foods are deficient in fiber which are essential for proper digestion and help in preventing constipation and irregular bowel movements.

### **Obesity related health problems**

Obesity may lead to health problems like diabetes, severe cardiac problems and various other health problems. Experts claim fast foods taken twice or more in a week can cause you to gain as much as 10 pounds at a go. Scientists and doctors have clearly exhibited that regular consumption of unhealthy food and reduced physical activity result in obesity. Along with the developed western countries, many eastern countries are also dealing with this problem. The trend of moving away from traditional and home cooked healthy diets, eastern countries like China, Japan etc. are also affected by the fast food obesity.