

Муниципальное бюджетное общеобразовательное учреждение
«Средняя общеобразовательная школа №14 пос. Подъяпольское»
Шкотовского муниципального район Приморского края

To eat or not to eat (The History of Fast Food)

Выполнила:
Панова Софья,
ученица 6 класса

Руководитель:
Панова И. Л.

пос.Подъяпольское

2020

Оглавление

1.	Обоснование выбора темы	2
2.	Цели проекта	2
3.	Задачи	2
4.	Введение	3
5.	Значение термина «фаст фуд»	3
6.	Блюда фаст фуда а) крупнейшие сетевые рестораны фаст фуда б) самые популярные традиционные блюда сетевых ресторанов в) самые популярные китайские блюда г) самые популярные российские блюда	3 3 5 6 7
7.	История появления некоторых блюд а) история гамбургера б) история хотдога	8 8 9
8.	Есть или не есть? а) почему блюда фаст фуда вредны для организма б) как сделать фаст фуд менее вредным	11
9.	Заключение	12
10.	Перечень ссылок на источники информации	13
11.	Приложения №1 Анкета №2 Результаты анкетирования	14

Arguments for choosing the topic

Sometimes my parents and I like to go to Vladivostok or Nakhodka and have meals in fast food cafes. I am sure many people like fast food too, not only in Russia. I have got interested when, how «fast food» appeared, and why it has conquered the world.

Project Goal

The study of the origin of fast food in different countries and the reasons for its distribution around the world.

Tasks

To explore available sources of information, conduct a survey and find out:

1. the meaning of the term “fast food”;
2. which dishes are fast food;
3. where fast food first appeared;
4. how fast food was distributed around the world;
5. why people love fast food;
6. to eat or not to eat fast food;
7. to share the new knowledge with schoolmates.

Introduction

Nowadays many people think about a healthy life style. They try to exercise, eat healthy food, not to over eat or skip meals. On the other hand, people eat less homemade food because it takes much time to cook. That is why they buy precooked food or visit fast food restaurants. Children in the families find this food tasty, nourishing, fast. Even so, they understand that fast food is fat and unhealthy (Приложение 2).

Meaning

The English-Russian dictionary gives the following meaning to the word «fast» :

1. прочный, верный, 2. быстрый, легкомысленный
food: пища, еда, продовольствие.

We can conclude that “fast food” in Russian is “быстрая пища/еда».

Cambridge Dictionary defines “fast food” as “hot food that is cooked and served very quickly in special restaurants. Fast food is often the type of food you can take away to eat, for example hamburgers or fried chicken...”

Over time, this term has become a nickname that defines as “food as hamburgers, pizza, or fried chicken, that is prepared in quantity by a standardized method and can be dispensed quickly at inexpensive restaurants for eating there or elsewhere.”

The survey of our school students showed that only 19% know the world-accepted meaning of the term “fast food”.

58% of the questioned students think about “fast food” as “unhealthy or junk food”, 7% don't know the meaning of the term.

Dishes of Fast Food

There are many kinds of fast food. The type of that food depends on food grown in the certain place, ingredients and local people's favorite food.

American ratings list from 20 to 100 most popular fast food dishes and drinks. The food is named after the fast food chains.

American ratings include from 20 to 100 most popular fast food dishes and drinks.

The World's Largest Fast Food Restaurant Chains

Ranked by the number of locations			Ranked by sales	
1	Subway	42,998	1 Subway	US\$ 11.9 billion (2014)
2	McDonald's	37,200	2. McDonald's	US\$ 25.413 billion (2015)
3	Starbucks	30,000	3. Starbucks	US\$5.24 billion (2013, 2016)
4	KFC	20,404	4. KFC	US\$ 23 billion (2013)
5	Burger King	16,859	5. Burger King	US\$ 8.6 billion (2014)
6	Pizza Hut	16,796		
7	Domino's	15,000		
8	Dunkin'	11,300		
9	Baskin-Robbins	7,500		
10	Hunt Brothers Pizza	7,300		
11	Taco Bell	7,000		
12	Wendy's	6,490		
13	Hardee's	5,812		
14	Orange Julius	5,700		
15	Papa John's Pizza	5,318		
16	Dairy Queen	4,800		
17	Little Caesars	4,800		
18	Tim Hortons	4,774		
19	CNHLS	4,000		
20	Sonic Drive-In	3,526		

As we see from the table, the most popular and successful are Subway, McDonald's, Starbucks, KFC, Burger King.

Subway

Subway is an American chain of fast food restaurant franchise that sells submarine sandwiches commonly known as subs and salads. Subway is privately held, owned, and operated by Doctors Associates Inc. *Subway* is the largest and the fastest growing restaurant chains in the world with restaurants in 112 countries and territories.

McDonald's

McDonald's is an American hamburger and fast food restaurant chain available in 119 countries. *McDonald's* predominantly sells chicken products, milkshakes, hamburgers, breakfast items, desserts, and soft drinks. However, the company has recently expanded its menu to include fruits, fish, smoothies, salads, and wraps.

Starbucks

Starbucks is an American coffee house chain, which was founded in 1971 in Seattle, Washington. *Starbucks* primarily serves espresso, whole-bean coffee, fresh juices, cafe latte, Frappuccinos, La Boulange pastries and full-loose-leaf teas.

KFC

Kentucky Fried Chicken, popularly known as *KFC*, is an American fast food restaurant chain that mainly concentrates on fried chicken in 123 countries and territories. *KFC* is a branch of Yum! Brands, which is a restaurant company that owns other restaurant chains such as Taco Bell and Pizza Hut. *KFC* initially only served chicken before extending their menu in the 1990's to off other products such as salads, French fries, soft drinks, chicken burgers, coleslaw, wraps and desserts.

Burger King

Burger King is an American hamburger fast food restaurant chain. *The Burger King* menu has expanded from burgers, milkshakes, sodas, French fries to a wide array of products. *Burger King* has restaurants in 100 countries (2016).

The Most Popular Fast Food Restaurant Chains' Dishes

American surveys have identified the most popular dishes of their fast food restaurant chains.

Wendy's Chicken Nuggets are 100% white-meat chicken breaded to crispy perfection and served with your choice of 6 dipping sauces.

Burger King French Fries or simply fries (North American English), chips (British and Commonwealth English), finger chips (Indian English), or french-fried potatoes, are batonnet or allumette-cut deep-fried potatoes.

French fries are served hot, either soft or crispy, and are generally eaten as part of lunch or dinner or by themselves as a snack, and they commonly appear on the menus of diners, fast food restaurants, pubs, and bars. They are usually salted and, depending on the country, may be served with ketchup, vinegar, mayonnaise, tomato sauce, or other local specialties. Fries can be topped more heavily, as in the dishes of poutine or chili cheese fries. Chips can be made from kumara or other sweet potatoes instead of potatoes. A baked variant, oven chips, uses less oil or no oil.

McDonald's Baked Apple Pie. The first apple pie ever served in a McDonald's was in 1968.

But after 24 years they stopped frying the crispy crust apple pies. McDonald's claimed they had to change it because of the visitors.

In 2016, McDonald's rolled out a new recipe, changing up their traditional diced apple filling to prefer sliced apples, and modifying the crust to look more like an old-timey lattice.

Chick-fil-A Iced Tea is a drink freshly-brewed each day from a blend of tea leaves, available sweetened with real cane sugar and unsweetened..

Krispy Kreme Original Glazed Doughnuts are little airy fried pastries shaped like a circle with a hole in the middle, and they are light, fluffy, and covered with a sugar icing called glaze

The UK follows the USA fast food traditions, But they have their native fast cooked dishes such as:

Fish and chips.

Chip Butty - a chips sandwich

Pigs in Blanket. It is basically a cocktail sausage wrapped in streaky bacon. Typically served on Christmas dinner together with the roast.

Strawberries and Cream.

English Breakfast typically served with bacon, sausages, egg, baked beans, black pudding, fried toast, hash browns, mushrooms and egg and a cup of tea or coffee.

The Most Popular Chinese Dishes

Chinese food has spreaded over the world along with the Chinese migration. America, Europe and Asia fall in love with following dishes:

Sweet and Sour Pork (糖醋里脊) has a bright orange-red color, and a delicious sweet and sour taste.

Kung Pao Chicken is a spicy, stir-fried Chinese dish made with chicken, peanuts, vegetables (traditionally leek only), and chili peppers.

Ma Po Tofu (*Mapo tofu*) (麻婆豆腐) is one of the most popular classic Sichuan dishes. It has a spicy, pungent, and appetizing flavor that goes perfectly with steamed rice.

Wontons are a type of Chinese dumpling with a small amount of filling of ground pork and shrimp and a small amount of flour added as a binder.

Spring Rolls are small and crisp fried rolls with vegetable or meat fillings inside a thinly wrapped cylindrical pastry. They can be sweet or savory.

The Most Popular Russian Dishes

The national dishes served at Russian fast food outlets might not seem much like fast food at all. Everything is cooked quickly, but the dishes look and taste just like home-cooked food. Russians often eat blini, they are one of the most popular fast food choices in Russia. Blini are served with sour cream and jam, with ground pork or red caviar.

Russian supermarkets sell all sorts of frozen *pelmeni*, but the best ones are those that are made at home using fresh ingredients. Traditionally, *pelmeni* are small dumplings filled with ground beef or pork, but vegetable, cheese or fish fillings are just as tasty.

Chebureki are pies traditionally deep-fried, but some cafes prefer to bake them, and the taste is almost the same. *Chebureki* are filled with ground meat, there are also versions with cheese and vegetables.

The beloved dish eaten by Russians for breakfast, lunch and dinner is sweet or savory *buckwhehat*. It can be made instantly.

Sandwiches are very popular dishes for children and adults because they are easy to make and serve. "Bread and sausage" is called as fast food in the poll.

(Приложение 2)

As you see from facts mentioned above there are national kinds of fast food made of ingredients local people grow and like. Food migrates around the world with people and become popular in other places.

The History of Fast Food

The first place that had ready-cooked food for sale was Ancient Rome. Urban population that lived in multi-story apartment blocks called *insulae* didn't have kitchens in them and had to buy their food from food vendors. They bought bread soaked with wine and ate stews and cooked vegetables in so-called *popinae* which were simple restaurants.

A Han Dynasty text dating from the 2nd century tells about noodle stands that stayed open all night. Bigger towns of Middle Ages had street vendors that sold pies, pasties, flans, waffles, wafers, pancakes and cooked meats. All these people and places sold their food to those that couldn't cook their own food like poor and travelers. Those places that were near the coast and were involved in fishing developed fast food that included local shellfish or seafood.

British favorite "fish and chips" appeared in 19th century with development of trawler fishing and the first "fish and chips" shop opened in 1860 at Tommyfield Market in Oldham. Max Sialaff in Berlin invented "automats", vending machine restaurants, in 1896. In 1902, Joseph Horn and James Hardart opened an automat in New York City which marks the beginning of the fast food in United States.

The poll showed that a hamburger, chips, a hotdog, pizza are known as "fast food" (Приложение 2)

The History of a Hamburger

Hamburger is basically a type of sandwich. It has a ground meat patty that is cooked and placed between two halves of a bun or two pieces of bread or toast. It often has some condiments inside, like: mustard, mayonnaise, ketchup, lettuce, tomato, onion, and pickles. Who precisely invented the hamburger, we don't know for sure. We know that it appeared, in the shape that we know it today, in 19th or early 20th century and that it has predecessors that date to a 12th century.

Nomadic Mongol's of 12th century and their army were mostly cavalry and often, in their conquests, didn't have time to stop for a meal. When they had to eat while riding they would place pieces of meat in skin and whole package under the saddle. Constant jogging minced the meat and the heat from the horse would cook it. This way of preparation came to Moscow with Mongols and was later named steak tartare. From there, minced meat came to the lands of today's Germany through the port of Hamburg during the 17th century and became popular as a basis for their own dishes.

Hamburg Sausage (which is made of minced meat and spices) appeared in 1763 in the cookbook with a name "Art of Cookery, Made Plain and Easy". Jules Verne mentions steak tartare in 1875. During the 19th century Hamburg became one of the largest transatlantic ports in Europe and many northern European emigrants came to United States from this port. Hamburg steak appeared in the New York City in the 19th century. It was minced by hand, salted, smoked, and served raw with onions and bread crumbs and is considered precursor to the hamburger.

It is not known who invented the hamburger. Earliest text in a newspaper comes from Chicago Daily Tribune from July 5, 1896. The Library of Congress says that Louis Lassen sold the first hamburger in the United States in 1900. Charlie Nagreen claimed that he sold meatballs between two slices of bread at the Seymour Fair in 1885 and named them hamburgers after the Hamburg steak which was familiar to local German immigrants.

The History of a Hotdog

A hot dog is a cooked sausage that consists of a combination of beef and pork or all beef, which is cured, smoked, and cooked. They are also called frankfurters, frank, weenie, wienie, wiener, dog, and red hot. Seasonings may include coriander, garlic, ground mustard, nutmeg, salt, sugar, and white pepper. They are fully cooked but are usually served hot. Sizes range from big dinner frankfurters to tiny cocktail size. The sausage is served in the slit of a partially sliced bun.

Sausage is one of the oldest forms of processed food, having been mentioned in Homer's Odyssey (an ancient Greek tale of adventure and heroism). Following is the line from the book:

"As when a man besides a great fire has filled a sausage with fat and blood and turns it this way and that and is very eager to get it quickly roasted. . ."

It is said that the frankfurter was developed in Frankfurt, Germany (five years before Christopher Columbus set sail for the new world). In 1987, the city of

Frankfurt celebrated the 500th birthday of the hot dog. In the 1850s, the Germans made thick, soft, and fatty sausages from which we get the fame “franks.”

Another legend says that in the late 1600s by Johann Georghehner created the popular sausage (known as “dachshund” or “little-dog” sausage). He was a butcher living in Coburg, Germany. It is said that he later traveled to Frankfurt to promote his new product.

The people of Vienna (Wien), Austria point to the term “wiener” to prove their claim as the birthplace of the hot dog. It is said that the master sausage maker who made the first wiener got his early training in Frankfurt, Germany. He called his sausage the “wiener-frankfurter.” But it was generally known as “wienerwurst.” The “wiener” comes from Wien (the German name of Vienna) and “wurst” means sausage in German.

In 1852 the butcher’s guild in Frankfurt, Germany introduced a spiced and smoked sausage which was packed in a thin casing and they called it a “frankfurter” after their hometown. The sausage had a slightly curved shape supposedly due to the coaxing of a butcher who had a popular dachshund. The frankfurter was also known as a “dachshund sausage” and this name came with it to America.

In 1867 Charles Feltman (1841-1910) opened up the first Coney Island hot dog stand in Brooklyn, New York. Some historical accounts say he was a butcher, but according to his great grandson, he was a baker.

To Eat or Not To Eat

There are many TV programs about food. They say that there is healthy and junk food. They say “fast food” is unhealthy. There are many calories, fat and salt but there is little protein and no fiber.

Hamburger nutrition

Calories: 266

Fat: 10.1g.

Sodium: 396mg.

Carbohydrates: 30.3g.

Fiber: 1.1g.

Sugars: 5.2g.

Protein: 13.3g.

Hot dog nutrition

Calories: 290.

Fat: 23g.

Sodium: 810mg.

Carbohydrates: 13g.

Fiber: 0g.

Sugars: 4g.

Protein: 9g.

Pizza nutrition

Calories: 310

Fat: 13g

Sodium: 740mg

Carbohydrates: 33g

Fiber: 2g

Sugars: 4g

Protein: 13g

French fries nutrition

Calories 125
Total fat 3 g
Sodium 282 mg
Fiber 2 g
Protein 2 g

Though traditional fast food is unhealthy, my poll showed that our students eat it rather regularly (Приложение 2). Only 9 of the interviewed ones have never eaten it. Most students find it unhealthy.

Polls showed that 48% of the Russians eat hamburgers and only 39% of the Americans do it.

We can not ban fast food but we can make it healthier. To make a traditional hamburger healthier we should take meat with low fat, add many fresh vegetables and put on a wholegrain bun to increase fiber and minerals.

We recommend replacing a hamburger with a cheeseburger.

We should eat buckwheat, boiled eggs, cottage cheese, macaroni with cheese to increase proteins. They are popular in Russia and they also cooked fast.

Conclusion

In the project we have studied the origin of some fast food dishes. We have found out the popular dishes in the USA, the UK, China and Russia.

We have proved that there are national kinds of fast food made of ingredients local people grow and like.

We have known the nutrition of the most traditional fast food and found the ways how to make it healthier.

We have reached our project goals.