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Professor Swain  
English 101  
23 October XXXX

### Slow Down and Eat Better

If you drive on any highway in the United States, you'll find fast-food restaurants at every exit and service area. If you walk through any supermarket, you'll see prepared foods that say "make it in minutes" and "ready to serve." According to an article by James Bone on the *TimesOnline* Web site, only one-third of Americans cook meals from scratch, meaning with fresh ingredients. Bone also writes that Americans spend only thirty minutes cooking dinner, compared with 2½ hours in the 1960s. And in his book *Fast Food Nation*, Eric Schlosser claims that one-quarter of Americans eat in a fast-food restaurant each day (3). Why are Americans eating so much fast food? The answer is simple: speed is more important than quality. While Americans may be attracted to food that is fast and easy, they are missing the benefits of slowing down. In fact, Americans' obsession with fast food is hurting not only their health but also the quality of their lives.

The main reason that Americans are getting takeout food and heating prepared meals is obvious: they don't have enough time. In more than two-thirds of families in the United States, two people are working (Bone). People with demanding work schedules have little time for food shopping and cooking.

Zhang opens with general observations to attract readers' interest.

Zhang states a clear thesis at the end of the opening paragraph.

# Essay Format Guidelines

**Chao Zhang**



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