

Lv4 D7

Discussion

Should people stop eating fast food?

Name

ファーストフードを食べるのをやめるべきだと思いますか。理由をつけて意見を言いましょう。

Brainstorm



ファーストフードを食べるのをやめるべきだと思いますか。それぞれの opinion について、そう思うときは I think so. 思わないときは I don't think so. に✓をつけましょう。

I think so.	Opinions	I don't think so.
<input type="checkbox"/>	Fast food isn't good for our health.	<input type="checkbox"/>
<input type="checkbox"/>	Fast food is cheap to buy.	<input type="checkbox"/>
<input type="checkbox"/>	Fast food makes people lazy about cooking.	<input type="checkbox"/>
<input type="checkbox"/>	Fast food is so addictive that people can't stop eating it.	<input type="checkbox"/>
<input type="checkbox"/>	Nowadays, there are healthy food choices at fast-food restaurants.	<input type="checkbox"/>
<input type="checkbox"/>	Fast food is a good option for busy people.	<input type="checkbox"/>
<input type="checkbox"/>	Fast-food companies don't pay employees a lot.	<input type="checkbox"/>
<input type="checkbox"/>	Fast-food restaurants are easy to find.	<input type="checkbox"/>

Your opinion



STEP 1 あなたの意見はどちらですか。□に✓をつけましょう。① ② に 2 つの理由のキーワードを書きましょう。

Example	You
<input type="checkbox"/> Should <input checked="" type="checkbox"/> Shouldn't	<input type="checkbox"/> Should <input type="checkbox"/> Shouldn't
Reasons ① • <u>fast food / a good option / busy people</u> • <u>ready to be served only in a few minutes</u> • <u>popular / business people and students</u> ② • <u>Nowadays / healthy food choices at fast-food restaurants</u> • <u>have the opportunity to choose healthy meals / different fast-food restaurants</u>	Reasons ① _____ _____ _____ _____ _____ ② _____ _____ _____ _____ _____

Helpful words

a fast-food restaurant	ファーストフードレストラン (fast food を形容詞として使うときはハイフンがつきます。)
contain a lot of salt/sugar/oil	たくさんの塩 / 砂糖 / 油を含む
well-balanced	バランスの取れた
nutritious	栄養のある
have more/fewer vitamins	ビタミンをより多く / より少なく含む
protect our bodies against disease	病気から私たちの体を守る
causes weight gain/loss	体重の増加 / 減少を起こす
eat fast food at least once a day/week/month	ファーストフードを少なくとも 1 日 / ひと月 / 1 年に一度食べる
rely on fast food	ファーストフードに頼る、依存する
people who don't have enough time to cook food at home	家で料理する時間が十分ない人々



ポイント

「対比する」ときは、以下の表現を使います。

● despite (～にもかかわらず)

Nowadays, many people like fast food because it's cheap and delicious. Despite that, I think people should be more careful about eating it.

(最近では、安くておいしいので多くの人がファーストフードを気に入っています。それにもかかわらず、私はファーストフードを食べることについてもっと気を付けるべきだと考えています。)

● but even so (そうは言っても)

It's true that fast food isn't very healthy, but even so, it's a good option for a lot of people.

(確かにファーストフードはあまり健康的ではありませんが、そうは言っても、多くの人にとってはいい選択肢のひとつです。)

● although (～だけれども)

Although fast food is very convenient, it's not a healthy choice.

(ファーストフードはとても便利だけれども、健康的な選択ではありません。)

● instead (その代わりに)

I think people should stop eating fast food. Instead, people should try to eat more fruits and vegetables.

(人々はファーストフードを食べるのをやめるべきだと思います。その代わりに、もっと果物や野菜を食べるようにすべきです。)

STEP 2 STEP 1 を使って自分の意見を書きましょう。**Example**

Hello.

I think people should stop eating fast food.

- ① First of all, fast food is not good for our health. Although it is cheap and easy to buy, you can get sick from eating too much fast food regularly.
- ② Second, fast food makes people lazy about cooking. I think people should try cooking healthy meals and not rely on fast food.

Thank you.



Hello.

I don't think people should stop eating fast food.

- ① Fast food is a good option for busy people. It is ready to be served only in a few minutes. That's why fast food is popular among business people and students.
- ② Nowadays, there are healthy food choices at fast-food restaurants. Although not all stores have healthy menus, people have the opportunity to choose healthy meals from different fast-food restaurants.

Thank you.

Your opinion ポイントの内容を使ってスピーチを書きましょう。

Hello.

①

②

Thank you.