

Fast food is all meals that are prepared outside the home. Organic foods are usually not processed using irradiation, industrial solvents or synthetic food additives
Cons of organic food: High price levels It spoils quickly: Organic food spoils very quickly, unlike other foods, because it is produced without artificial preservatives, and therefore it tends to be used more quickly than processed non-organic food. Standards vary around the world, but organic farming is characterized by practices that rotate resources, promote ecological balance, and preserve biodiversity. Organizations that regulate organic products may restrict the use of certain pesticides and fertilizers in the farming methods used to produce .these products. It is prepared by frying in oils and grilling