



CHANGES OF EATING HABITS
IN THE AGE OF
GLOBALIZATION

Group II



INTRODUCTION

- **Globalization has changed:**
 - Technology
 - Politics
 - Culture
- ***Culture change* includes:**
 - Lifestyle
 - Food Culture
 - Eating Habits

Fast food breaks traditional lifestyles

- Reduction of the cooking routine
- Fast food society



Harm to
conventional culture

- Threat of one-culture world
- Decrease of family ties



Fast Food causes Health Problems

- “Modern Diseases”:
high blood pressure,
obesity, stroke and
others.
- Nutrition Unbalance
- Weak physical
condition





Conclusion

What can we do?

- Government actions
- Mass Media
- Education
- Individual actions

