

B10 Sustainable fast food?

- a) Read the headline of the article. What do you make of it?
- b) Read the article. What does it tell you about the possibilities for individuals to make a difference? Share your opinion with a partner.

Healthy, sustainable, affordable and tasty fast food?

"Nonsense!" a lot of people would say. But it's true. In Los Angeles a restaurant opened whose chefs Roy Choi and Daniel Patterson want to change – not the world – but how Americans eat. This first community-oriented fast food restaurant, called Local, opened its doors to serve a neighbourhood where healthy eating options have so far been lacking, especially for people who love fast food. The first step in changing eating habits, Choi believes, is reintroducing nutritious foods. These chefs use fresh, local and sustainable ingredients but familiar flavours while offering prices that are affordable. How can that be done? One trick for example is that the

meat for a burger is mixed with grains and tofu which makes it healthier and cheaper at the same time. They also use food that elsewhere is thrown away. Sugary sodas are replaced by "aguas frescas" and they cost only 1\$ just like the other drinks. And the music in the background? Good old R&B and hip hop! Choi, one of the chefs, says that his idea is not to fight the big chains but to "impact a neighbourhood, which will impact a consciousness, which will impact a generation, which will impact a change, which will one day impact the chains. But it starts with each one – teach one first."

Future outposts are planned in the US.

- c) Write down at least six questions about the article. Use different questions words (What kind of? Where? Who? How? What? Which?). Exchange your questions with a partner and answer your partner's questions. What kind of ingredients ...? Where did ...? ...

☀ Write a letter or blog entry to the newspaper in which you comment on the article.

Hello Mr. Roy Choi and Daniel Patterson, I have read your article about your new restaurant. In my opinion its not a bad idea. That restaurant could help some people adjust their eating habits. Its a good idea to mix fast food with healthier food. The price is also good but it also has to taste good. Otherwise I think that's gonna be good. I hope you have success.
Elias Schick