

Presentation

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A decorative border in a teal color, featuring stylized leaves, small flowers, and clusters of berries. The border runs along the top, bottom, and sides of the page, framing the central text.

JUNK FOOD & ITS IMPACT

WHAT IS JUNK FOOD?

Foods high in sugar, salt and unhealthy fats Usually low in vitamins, minerals and fibre

Examples: chips, burgers, pizza, fries, sugary drinks, candies and packaged snacks.





Why Do Children Like Junk Food?

- Easily available
 - Colourful packaging and advertising
 - Quick and convenient
 - Peer influence
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Impact of Excess Junk Food 🍟

Short-term effects:

- Low energy:
- Poor concentration
- Feeling sleepy or tired
- Stomach discomfort

Long-term effects:

- Excess weight gain
- Tooth decay.
- Increased risk of lifestyle-related diseases
- Poor overall nutrition



Junk Food can replace nutritious foods that provide nutrients needed for:

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- Brain development.
 - growth.
 - strong bones and muscles.
 - Immunity.
 - Better Concentration and learning.
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What is a Balanced Diet?

A balanced diet provides the body with the right variety and amount of nutrients.

It should include:

-  Cereals & whole grains
-  Vegetables
-  Fruits
-  Milk/curd or alternatives
-  Pulses, beans, nuts & seeds
-  Eggs/meat/fish, where appropriate
-  Plenty of water





Conclusion



 Healthy food = Healthy body + Healthy mind

Junk food can be enjoyed occasionally, but it should not replace nutritious everyday meals.

“Eat Smart Today, Stay Healthy Tomorrow!”



Thank You

