**Junk Food**

**Here are few points listed for the topic Junk food, referring this prepare for elocution**

1) The foods that have high calories and low nutrition value are considered Junk foods.

2) The word ‘junk’ depicts harmful or unhealthy food.

3) Snack, soda, cake, processed food, etc belong to the category of junk food.

4) Junk foods are harmful to our bodies and health.

5) Increased weight, mental issues, depression, etc are other harmful effects of junk food.

6) Junk foods are popular due to their cheap prices and easy availability.

7) Children and youngsters are the main targets of junk food.

8) Fast foods, directly and indirectly, lead to diseases like high blood pressure, heart disease, cancer, etc.

9) Working women mostly prefer junk and fast food over healthy food to save time.

10) Various countries have taken several steps to regulate and control junk food.

**Conservation of Environment**

**Here are few points listed for the topic Conservation of Environment, referring this prepare for elocution**

1) Environment protection means saving natural resources.

2) It supports the life of all the species on the earth.

3) Environment also balances the ecosystem.

4) Human activities are degrading the environment.

5) Environment should be protected for the future.

6) Pollution, population, modern lifestyle, etc are harming the environment.

7) We can conserve the environment by practicing Reduce, Reuse, and Recycle.

8) Public awareness plays an important role in environmental conservation.

9) Conservation of the environment is essential to living happily.

10) We should use natural resources wisely and save them for the future.