

Popularity of Junk Food and its Catastrophes

Honorary Chairperson, respected teachers, dear friends, my brothers, and sisters.

I would like to thank Mr. Bhattarai for letting me the chance to say my few words on Junk foods. I am supporting about "the popularity of Junk food and its catastrophes".



Source: lifejottings.org

Fig: Junk Foods

As we know, every living organism in the world needs food to survive. It is an essential thing for all living beings. Without food, life is impossible to imagine.

We produce food and we consume it, but the important is that what type of food we eat. For us, health is the most valuable property. We know that health is determined by the food we eat. Thus, there is a strong bond between the health and food that we eat.

As my friend has just said that this is the world of technology. People are too busy in their daily life. So they don't consider of making food and goes for junk food instead. Junk food is available everywhere. They are ready-made to eat and easy to get. We can find it in department stores, fast food restaurants, and grocery stores. Also, television advertisements promote such food by making it attractive.

Junk foods highly contain fat, sugar, calories or caffeine. Junk foods are like candies, chips, noodles, cheese, jam, biscuits and much more. Although, it is highly poisonous, but it has little nutritious value too.

Honorary Chairperson, there are so many problems with junk food. People are easily satisfied with these kinds of junk food and even use them in their daily life. And another problem is that junk food is replacing our traditional food day by day. Also, like heart disease, obesity, high blood pressure is mainly caused by junk food. Fats from junk food trigger the brain to wish more food. Junk food affects all persons and primarily children, pregnant women and old peoples. Children and mothers while pregnant, who eat junk food become more hyperactive and easily distracted than usual.

Lastly, I want to appeal that junk food has lots of problems and various diseases. So we should eat home foods instead of junk food.