

A BRIEF STUDY ABOUT HAVING FAST FOOD AMONG BHU STUDENT

UNDER THE SUPERVISION OF:

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CERTIFICATE

THIS IS TO CERTIFY THAT THE PROJECT REPORT ENTITLED "A BRIEF STUDY PATTERN AF HAVING FAST FOOD AMONG BHU STUDENTS"
HAS BEEN COLLECTED, TABULATED, ANALYZED AND REPRESENTED BY MR. SHAILENDRA NATH YADAV, B.Sc. PART-III, VI SEMESTER STATISTICS (HONS.) STUDENT OF INSTITUTE OF SCIENCE BANARAS HINDU UNIVERSITY, VARANASI. THIS PROJECT HAS BEEN COMPLETED SUCCESSFULLY UNDER MY SUPERVISION AND GUIDENCE.

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Introduction

Eating away from home is becoming more common, and fast food restaurants and other means of access to it, is growing even more rapidly. Fast food outlets are especially popular among students. As away-from-home foods represent an ever-larger proportion of total energy intake, their nutrient profile becomes more important to examine. Away-from-home foods are higher in fat and energy compared with foods eaten at home. Increased fast food consumption can affect health because it has been linked to a diet that is "high in calories, saturated fat, sugar, and sodium, as well as body fatness, weight gain, and increased body mass index ". These nutritional components coupled with a sedentary lifestyle could lead to health problems. The problem is that eating a significant amount of fast food meals could lead to a dominant impact on future health. High-fat diets contribute to a variety of negative health outcomes, including obesity, hypercholesterolemia, cardiovascular disease and some cancers. Most students consume diets that are higher in fat and lower in fruit and vegetables than recommended. It is therefore important to identify factors associated high-fat diets, particularly among students. A better understanding of the nutritional, behavioral and psychosocial factors associated with fast food uses could help identify whether this widespread sociocultural phenomenon is of concern with respect to student nutrition, and could provide useful descriptive information for potential intervention development. The purpose of the quantitative study was

to know, what is the perception of B.H.U students about fast food eating habits ,consumption and awareness about its effects.

What is fast food ?

Fast food is a name for food that is made and presented to costumers in short time. It is usually made with preheated or precooked ingredients, prepared in bulk and sold in packages for take-away. Fast food is popular because the food is inexpensive, convenient, and tastes good. However, fast food is often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious ingredients such as lean meats, whole grains, fresh fruits, and vegetables. Fast food is also high in sodium (aka salt) which is used as a preservative and makes food more flavorful and satisfying. As a term, "fast food" appeared for the first time in Merriam-Webster dictionary in 1951 but its roots are much, much older. From the ancient to modern times street vendors sold food ready to eat for those with less money and on hard times. Today we have restaurants that do the same. Different restaurant franchises can make the same fast food differently. Restaurants of the same franchise can have different food types depending on their location.

Types of fast food?

Fast food is a massive Business, among whole world. There are a whole wealth of fast food restaurants each of them specialising in a different type of food-burgers, chicken, pizza etc. When you are in one of these places, it is important for you to be able to tell your server

what food you would like as well as being able to read the menu and fully understand it. There are many kinds of fast food. What will one place have in terms of fast food types, depends on what grows there, what of ingredients can be obtained and what local people like. Here are some types of fast food: French fries, Hamburger, Kebab, chips, pizza, sandwich, taco, Chicken nuggets, Onion rings, Fish and chips Poutine, Cheeseburger, Corn on the Cob, Popcorn, Falafel, etc....

Fast food in India?

Fast food is one of the world's fastest growing food types. India is seeing rapid growth in the fast food and restaurant industries. It now accounts for roughly half of all restaurant revenues in the developed countries and continues to expand. The trend is radically changing the way people eat in India. For a nation that is particular about its food and significantly fond of home cooked and fresh food, this trend is showing the globalisation of India and increase of new markets not witnessed in India before. With increasing number of people eating out the industry offers major opportunities to the players to capture a larger consumer base. As a result of the trend, all the international food players like Pizza Hut, Dominos, McDonalds and KFC are investing huge amount of money to grab a share of this highly lucrative market.

1. Pizza Hut for example, is one of the flagship brands of Yum! Brands, Inc., which also has KFC, Taco Bell, A&W and Long John Silver's under its umbrella. Pizza Hut has 143 stores across 34 cities in India. A report by *Research on India* has found that traditionally, the Indian consumers have been

eating at roadside eateries, dhabas and stalls which still occupy a major share of the unorganised sector, where fast food has been eaten traditionally. Some of the popular fast food outlets are:1. Pani puri(pani ke batase,golgappe)

- 2. Samosa/kachori (chat, tikki)
- 3. Chole/matar kulche(poodi)
- 4. Chinese (noodles, rice, manchurian etc)
- 5. Southindian (dosa,idli vada)
- 6. Vada pav (misal pav,poha,patties,bhel puri,papdi)
- 7. Dahi bhalla,dahi papdi
- 8. Kathi roll(Paneer roll, chicken roll)
- 9. Egg (bolied, bombayfry, omlet, halffry)
- 10. Luxury dishes (chilli paneer, honey chilli potato, french fries)

Advantages of fast food

- 1. Fast food is also known as fast food, they are usually cheaper than other food products available in the market.
- 2. They are served fast and saves time.
- 3. Fast food are easy to carry and can be eaten at the place of your choice.
- 4. Fast Food are easily available everywhere any time of the day.

- 5. Fast Food can easily satisfy our cravings.
- 6. There are large number or varities of Fast food.
- 7. The taste of fast food or junk food is often good.

Disadvantages of fast food

Fast Food can cause weight gain easily, may lead to obesity. Due to high amount of fat present in fast food, it leads to undesirable health issue. Often Fast Food contains high amount of sugar (Icecreams, Cakes, Dairy products etc) may lead to diabetes. They are often high in sodium may lead to cardiovascular and kidney disease. Sometimes Fast food contains additives, preservatives and bad fat. There were many factors that did contribute to the college aged group consuming more fast food meals, including ease of access, limited time, busy schedule, and the social aspect of eating fast food with friends. There was sufficient evidence that suggested increasing the energy dense foods in a diet coupled with behaviors characteristic of college students, such as eating out and snacking promote weight gain. The lack of physical activity together with increased consumption of fast food meals has a direct impact on health. Majority of students who engaged in only low levels of activity were either overweight or obese. Overweight and obesity is a common world-wide problem. The caloric intake and large portion sizes in fast food restaurants coupled with high saturated fats and low nutrient content lead to overeating and weight gain. The highest percentage of students

eating out are in the obese group . The diffusion of fast food restaurants resulting from the rapid influence of international marketing is leading to increases in overweight and obese individuals . Overconsumption can lead to further complications such as diabetes, which is a chronic disease and is associated with other health problems such as heart disease, stroke, kidney failure.

METHODOLOGY OF SURVEY

Create a form as easily as creating a document

Select from multiple question types, drag-and-drop to reorder questions and customize values as easily as pasting a list.

Send professional looking surveys to customers.

Analyze responses with automatic summaries

Watch responses appear in real time. I can also access the raw data and analyze it with Google Sheet or other software.

2. OBJECTIVES OF THE SURVEY

A complete and well defined objective should be mentioned at the very beginning stage. The main objective of the survey is to A BRIEF STUDY PATTERN AF HAVING FAST FOOD AMONG BHU STUDENTS

3. AREA OF SURVEY:

For performing any survey a sample is selected from a population. I decided to collect my sample from the BHU students; I had a survey of total 150 respondents.

4. ANALYSIS OF DATA:

After collection of raw data we put them in coded form so that the analysis becomes easy. For this purpose, I used the MS-WORD, MS-EXCEL, MS-POWERPOINT .Then I analyze and interpret the data of using statistical tools (Pie chart and Bar Diagram) available in excel.

5.Bar Diagram

Bar is a diagrammatical representation of the data. In this method bar of equal width are taken for the different items of the series. The length of the bar represents the value of the variable under consideration

6.Pie chart

Pie charts are generally used to show percentage or proportional data and usually the percentage represented by each category is provided next to the corresponding slice of pie. Pie charts are good for displaying data for around 6 categories or fewer.

7. Duration of Survey:

Keeping above prospective in a view a Questionnaire has been prepared by me under the supervision of **Prof. Dr. ALOK KUMAR** In the mid of February. it was share google form link to the respondents And it was finally collected by me.

Tabulation and Analysis

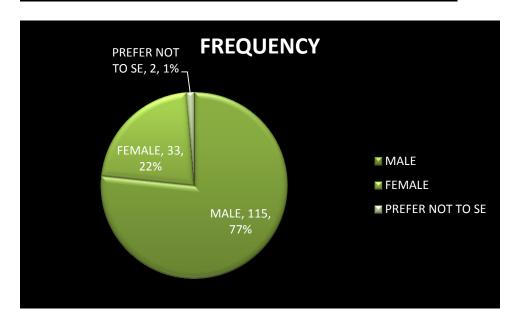
- TABLES
 - GRAPHS

FINDING AND DISCUSSION

TABLE 1.1: SHOWING GENDER OF RESPONDENTS

AGE	FREQUENCY	RERCENT	CUMULATIVE PERCENT
MALE	115	76.7	76.7
FEMALE	33	22	98.7
PREFER NOT TO SE	2	1.3	100
TOTAL	150	100	

CHART 1.2: SHOWING GENDER OF RESPONDENTS



1.3 INTERPRETATIONS:

From above table and charts we observe that out of total 150 respondents:

• 77 % of the respondents are of male category.

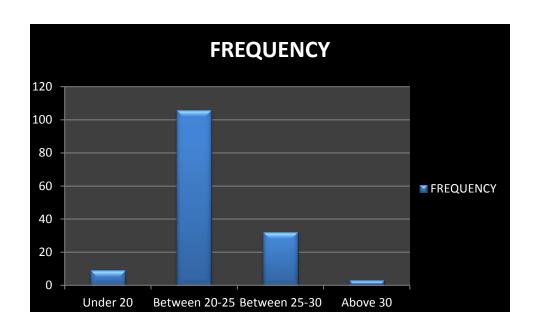
22 % of the respondents are of female category

1 % Of the respondents are of prefer not to say

TABLE 2.1: Age of respondents-

AGE	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Under 20	9	6	6
Between 20-25	106	70.7	76.7
Between 25-30	32	21.3	98
Above 30	3	2	100
Total	150	100	

CHART 2.2: SHOWING AGE GROUP OF RESPONDENTS



2.3 INTERPRETATIONS:

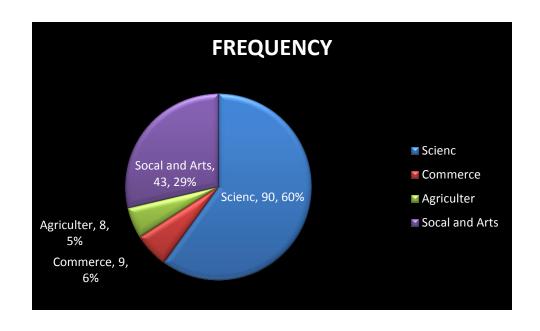
- 1-We have 9 respondent in under 20age group.
- 2-We have 106 respondent in between 20-25age group.
- 3-We have 32 respondent in between 25-30 age group.
- 4-We have 3 respondent in more than 30 age group.

Table and Graph 3.1

Representing the frequency distribution of different faculty/departments of the respondents

FACULTY	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Scienc	90	60	60
Commerce	9	6	66
Agriculter	8	5.3	71.33333333
Socal and Arts	43	28.6	100
TOTAL	150	100	

CHART 3.2: SHOWING FACULITIES OF RESPONDENTS



3.3 INTERPRETATIONS:

From above frequency table and pi graph we conclude that:

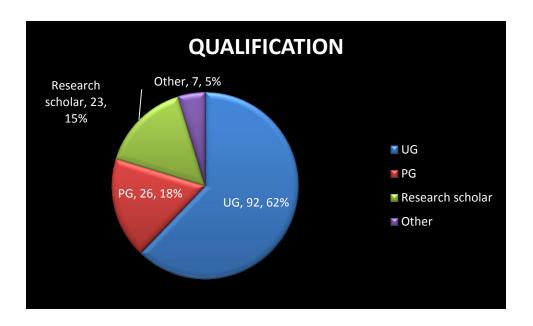
- 60% of the respondents are belongs to SCIENCE.
- 5% of the respondents belongs to AGGRICULTURE.
- 29% of the respondents belongs to social science/arts.

6% of the respondents are belongs to commerce

TABLE 4.1: COURSE STUDYING IN UNIVERSITY

QUALIFICATION	FREQUENCY	RERCENT	CUMULATIVE PERCENT
UG	92	62.7	62.7
PG	26	17.3	80
Research scholar	23	15.3	95.3
Other	7	4.7	100
TOTAL	TOTAL	TOTAL	

CHART 4.2: COURSE STUDYING IN UNIVERSITY



INTERPRETATIONS

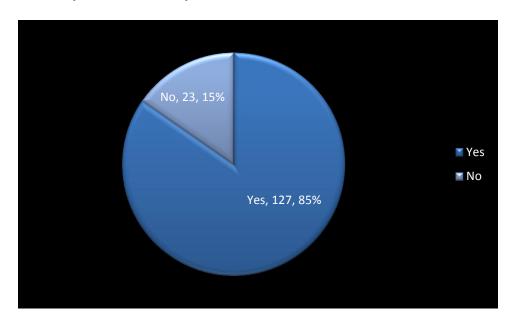
From above frequency table and pi graph we conclude that:

- 62% of the respondents belongs to undergraduate.
- 18% of the respondents belongs to graduate or postgraduate.
- 15% of the respondents belong to research.
 - 5% of the respondents belong to other

Table no.5.1- Respond on enjoy having fast food

REAPONCE	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Yes	127	84.6	84.6
No	23	15.4	100
TOTAL	150	100	

CHART 5.2: pie charter present have

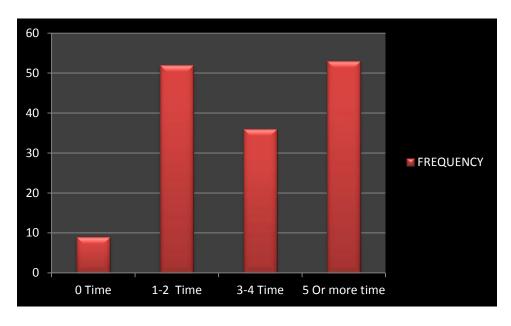


Respond on enjoy having fast food say yes are 85% Respond on enjoy having fast food say no are 15%

Table no.6.1 consume fast food (in a month)

Consume fast food	FREQUENCY	RERCENT	CUMULATIVE PERCENT
0 Time	9	6	6
1-2 Time	52	34.7	40.7
3-4 Time	36	24	64.7
5 Or more time	53	35.3	100
TOTAL	150	100	

CHART 6.2: bar diagram represent have

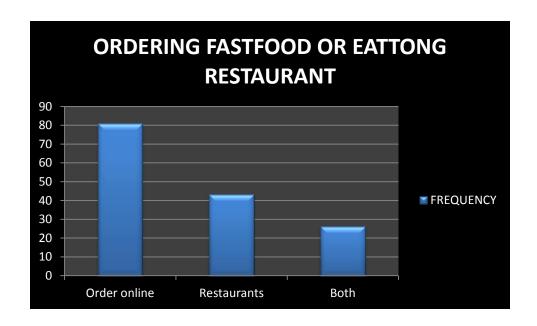


- 1-Respond on student consume fast food 0 Time are 9 i.e 6%
- 2-Respond on student consume fast food 1-2 Time are 52 i.e 34.7%
- 3-Respond on student consume fast food 3-4 Time are 36 i.e 24%
- 4-Respond on student consume fast food more the 5 Time are 53 i.e 35.3%

Table no.7.1 like ordering fast food online or eating in restaurant

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Order online	81	54	54
Restaurants	43	28.6	82.6
Both	26	17.4	100
TOTAL	150	100	

CHART 7.2 bar diagram represent have



INTERPRETATIONS

Respond on student order online are 81 i.e 54%

Respond on student Restaurants are 43 i.e 28.6%

Respond on student Both are 26 i.e 17.4%

Table no.8.1 how many times do you order fast food online

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
0 Time	27	18	18
1-2 Time	58	38.6	56.6
3-4 Time	25	16.7	73.3
5 Or more time	40	26.7	100
TOTAL	150	100	_

CHART 8.2 bar diagram represent have



OUT OF 150

Respond on student order fast food online 0 Time are 27i.e 18%

Respond on student order fast food online 1-2 Time are 58 i.e 38.6%

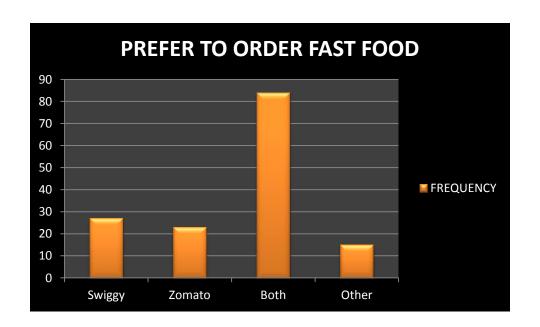
Respond on student order fast food online 3-4 OTime are 25 i.e 16.7%

Respond on student order fast food online 5 or more then Time are 40 i.e 26.7%

Table no.9.1 prefer to order fast food

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Swiggy	27	18	18.6
Zomato	23	15.3	33.9
Both	84	56	89.1
Other	15	10.7	100
TOTAL	150	100	

CHART 9.2 bar diagram represent have



OUT 150

Respond on student prefer to order fast food on Swiggy
27 i.e 18%

Respond on student prefer to order fast food on zomato 23 i.e 15.3%

Respond on student prefer to order fast food on Both 84 i.e 56%, Respond on student prefer to order fast food on Other 15 i.e 10.7%

Table no.10.1 Go to restaurant

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
0 Time	21	16	16
1-2 Time	77	51.3	67.3
3-4 Time	28	18.7	86
5 Or more time	24	16	100
TOTAL	150	100	

CHART 10.2 bar diagram represent have



OUT 150

Respond on student Go to restaurant 0 Time are 21 i.e 16%

Respond on student Go to restaurant0 Time are 77 i.e 51.3%

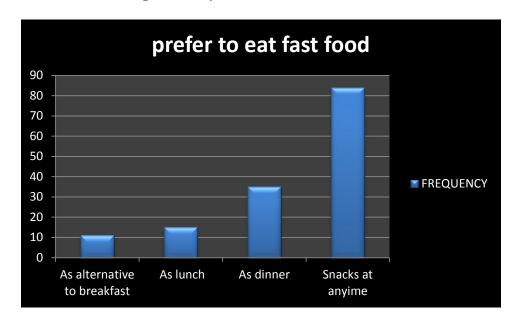
Respond on student Go to restaurant0 Time are 28 i.e 18.7%

Respond on student Go to restaurant0 Time are 24 i.e 16%

Table no.11.1 Prefer to eat fast food

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
As alternative to			
breakfast	11	7.3	9.5
As lunch	15	10	19.5
As dinner	35	23.7	42
Snacks at any time	84	56	100
TOTAL	150	100	

CHART 11.2 bar diagram represent have



OUT 150

Respond on student prefer to eat fast food for as alternative to breakfast are 11 i.e 9.6%

Respond on student prefer to eat fast food for as lunch are 15 i.e 19.5%

Respond on student prefer to eat fast food for as dinner are 35 i.e 23.4%

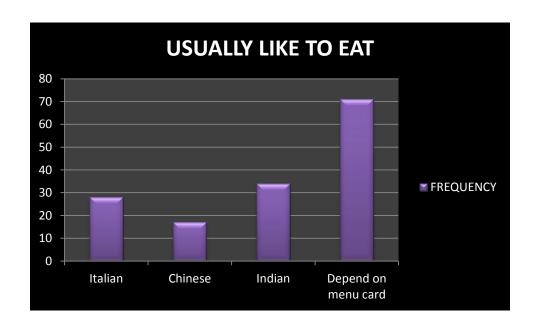
Respond on student prefer to eat fast food for Snacks at any time are 84 i.e 56%

Table no.12.1

Fast food do you usually like to eat

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Italian	28	18.8	18.8
Chinese	17	10.7	29.5
Indian	34	22.8	52.3
Depend on menu card	71	47.7	100
TOTAL	150	100	

CHART 12.2 bar diagram represent have



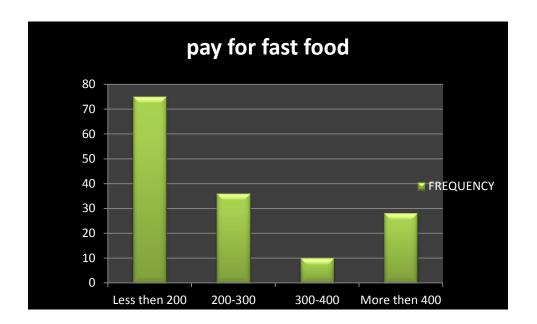
Respond on student , 18.8% Student like to eat Italian 10.7% Student like to eat Chinese. 22.8% Student like to eat Indian. 47.7 % Student like to eat Depend on menu card

Table no.13.1

On an average how much would you expect to pay for fast food

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Less then 200	75	50.7	50.7
200-300	36	24.3	75
300-400	10	6.1	81.1
More then 400	28	18.9	100
TOTAL	150	100	

CHART 13.2 bar diagram represent have



On respond 50.7% student to pay for fast food less then 200 rupies. 24.3% student to pay for fast food 200-300 rupies 6.1% student to pay for fast food 300-400 rupies 19.9% student to pay for fast food more then 400r upies

Table no.14.1

Think about fast food as compare to your daily routine meal

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Not as healthy	84	56	56.5
Nutrient as your daily routine meal	9	6	62.5
Sometime it is nutrient and sometime not	47	31.3	93.3
Can not say	10	6.7	100
TOTAL	149	100	

CHART 14.2 bar diagram represent have



OUT 150

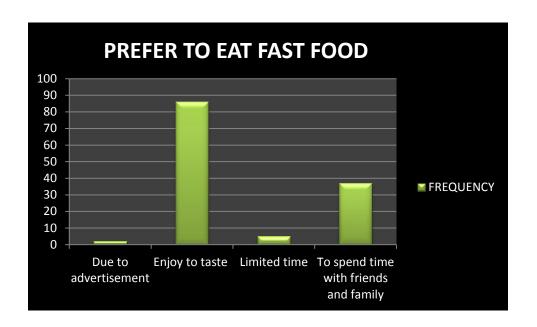
Reapondents Think about fast food as compare to your daily routine meal is Not as healthy 84 student, Nutrient as your daily routine meal 9 students, Sometime it is nutrient and sometime not 47 students and prefer 10 students not to say

Table no.15.1

Reason you prefer to eat fast food

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Due to advertisement			1.4
Enjoy to taste			58.7
Limited time			62.2
To spend time with friends and			
family			100
Total	150	100	

CHART 15.2 Bar diagram represent have



INTERPRETATIONS

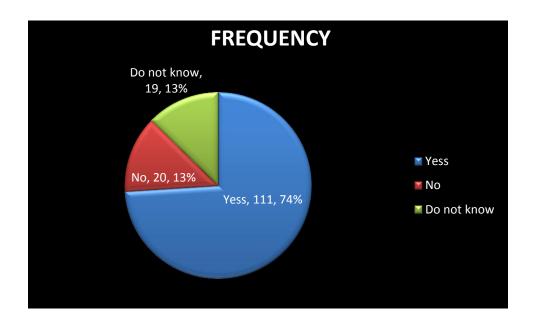
OUT 150, 2 students i.e 1.3 % of the respondents state that Due to advertisement, 86 students i.e 57.3 % of the respondents state that enjoy to taste ,5 students i.e 3.3 % of the respondents state that limited time 37 students i.e 24.1% of the respondents state that too spend time with friends and family.

Aware about the disease which cause from consumption of fast food

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Yess	111	74	74
No	20	13.3	87.3
Do not know	19	12.7	100
TOTAL	150	100	

CHART 16.2 Pie chart represent have

Table no.16.1



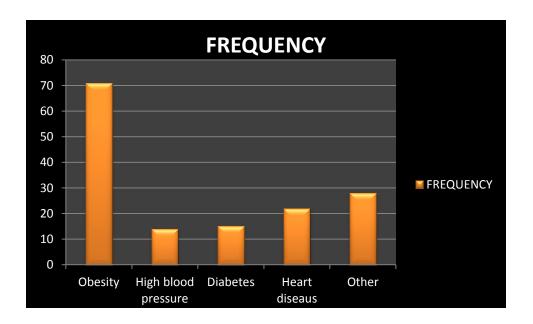
OUT 150, 111 students i.e 74% of the respondents state that Yes , 20 students i.e 13 % of the respondents state that NO OUT 150, 19 students i.e 13 % of the respondents state that Do not know cause from consumption of fast food

Table no.17.1

In your opinion what are the disease caused by consumption of fast food

	FREQUENCY	RERCENT	CUMULATIVE PERCENT
Obesity	71	47.3	47.3
High blood pressure	14	9.3	56.6
Diabetes	15	10	66.6
Heart diseaus	22	14.6	81.2
Other	28	18.8	100
TOTAL	150	100	

CHART 17.2 Bar diagram represent have



INTERPRETATIONS

OUT 150, 71 students i.e 47.3% of the respondents state that Obesity, OUT 150, 14 students i.e 9.3% of the respondents state that High blood pressure, OUT 150, 15 students i.e 10% of the respondents state that Diabetes, OUT 150, 22 students i.e 16% of the respondents state that Heart diseaus and 28 students i.e 18.8% of the respondents state that Other,

Conclusion

Conclusion:-

This study revealed that A BRIEF STUDY PATTERN AF HAVING FAST FOOD AMONG BHU STUDENTS 100% besides considering the effect In BHU 85% students injoy having fast food and 15% student not like fast food thus by dada collected, it can be interpreted that Maximum no. of student were like injoy fast food

A few students were consume fast food but they eat very rarely.

54% students like to ordering fast food and 28.6% student like to go to eat in restaurant every time,

38.6% students state that 1 to 2 time order fast food online.

56% students prefer to eat fast food for snacks at any time.

47% students like to eat depend on menu card .

56% student state that prefer to order swiggy and zomato both and only 10.7% students any other way.

50.7% student to pay for fast food less then 200 rs.

Think about fast food as compare to daily routine meal is not as healthy 84 student like 74% of response state that yes cause from consumption of fast food.

71 students i.e 47.3% of the respondents state that obesity

FIELD EXPERIENCE

Experience is one of the major essence of life, which one acquire while carrying any productive work. It is the experience which acts as a morale booster than prepare us to face the tightest hurdles in future with almost confidence.

Ihad a brain storming session with my supervisor Dr. . ALOK KUMAR SIR for selecting the topic of the project. Finally, we agreed on a very relevant topic "A BRIEF STUDY PATTERN AF HAVING FAST FOOD AMONG BHU STUDENTS

. I thoroughly enjoyed and prepared the questionnaire for the topic. This project provided me the practical application of the theory of Statistics, I have learnt so far, in my undergraduate programme. And it was full of exciting experiences. When I shared the questionnaire to the students, I received a more or less positive response from most of the respondents. This built my confidence regarding the successful completion of the project. Most of the students took 5 m to fill the questionnaire.

In contrast, I encountered few people who were not interested in feeling the questionnaire because of shortage of time and language problem also. I thoroughly explained the importance of my questionnaire and conveyed them to fill the questionnaire effectively. However, I was amazed with the positive response that was given by

the most of the respondents. But, in all, it gives me a lot of practical knowledge and great experience. Hence, the experience of preparing the project was something to kept in mind and cherish in future.......

DIFFICULTIES

It is universal truth that one has to overcome difficulties in order to do some fruitful work. Some was the case with me while preparing the project. Non availability of students at the appointed time was a major problem. I created the questionnaire form online and distributed the link to our friends so that they could fill and submit it online but many of them were unwilling to fill it out and some forms are not fully filled because of this i rerequested them to fill it properly as I have chosen the simple random sampling without replacement as my sampling technique for my project. Few of the students had the tendency to fill the questionnaire in hurry and we had to tell them at times to go slower and fill it properly. Besides these problems, there was another problem that most of the people did not know the effect of fast food on the health. They do not know whether the fast food has good effect or bad on their body.

QUESTIONNAIRE

A BRIEF STUDY PATTERN AF HAVING FAST FOOD AMONG BHU STUDENTS

NAME *

Shri

GENDER *

Male

Female

Prefer not to say

WHAT'S YOUR AGE?*

Under 20

Between 20-25 Between 25-30

Above 30

FACULTY

science commerce agriculture social and arts

YOUR QUALIFICATIONS ? *

UG

PG

Research scholar

Other

- 1. DO YOU ENJOY HAVING FAST FOOD?
 - 1. Yes
 - 2. No

3.

HOW OFTEN DO YOU CONSUME FAST FOOD (IN A MONTH)?

0 time

1-2

3-4

5 or more times

DO YOU LIKE ORDERING FAST FOOD ONLINE OR EATING IN RESTAURANT?

order online

Restaurants

Both

HOW MANY TIMES DO YOU ORDER FAST FOOD ONLINE?

0 time

1-2 times

3-4 times

5 times or more

FROM WHICH COMPANY YOU PREFER TO ORDER FAST FOOD?

Swiggy

Zomato

Both

Other

HOW MANY TIMES IN A MONTH YOU GO TO RESTAURANT?

0 times

1-2 times

3-4 time

5 or more times

WHAT TIME YOU PREFER TO EAT FAST FOOD?

As alternative to breakfast

As lunch

As dinner

Snacks at anytime

WHAT KIND OF FAST FOOD DO YOU USUALLY LIKE TO EAT?



Italian (pizza, pasta, tomato cream soup...)



Chinese (spring roll, fried rice..)



Indian

Depends on menu card

AN AVERAGE HOW MUCH WOULD YOU EXPECT TO PAY FOR FAST FOOD?

Less than 200 200-300 300-400 More than 400

WHAT DO YOU THINK ABOUT FAST FOOD AS COMPARE TO YOUR DAILY ROUTINE MEAL?

Not as healthy

Nutrient as your daily routine meal Sometime it is nutrient and sometime not Can not say

WHAT IS THE REASON YOU PREFER TO EAT FAST FOOD?

Due to advertisement

Enjoy to taste

Limited time (such as often work or unable to cook)

To spend time with friends and family

Does the food brand or restaurant affect you in choosing fast food? Does fast food price influence your pocket money or income? Does taking fast food depends on the emotions (such as happy, sad, boring, etc)

Does the food brand or restaurant affect you in choosing fast food? Does fast food price influence your pocket money or income?

taking fast food depends on the emotions (such as happy ,sad ,boring ,etc)

(Strongly agree

Agree

Neutral

Disagree

Strongly disagree

ARE YOU AWARE ABOUT THE DISEASE WHICH CAUSE FROM CONSUMPTION OF FAST FOOD?

Yes

No Don't know

IN YOUR OPINION WHAT ARE THE DISEASE CAUSED BY CONSUMPTION OF FAST FOOD ?

Obesity
High blood pressure
Diabetes
Heart disease