Vikram’s English Academy (ICSE)

**Junk Food is nowadays the preferred food of the young generation which is a matter of serious health concern. Describing the eating habits of the new generation, suggest a few remedial measures which can help to create a healthy eating habit among them.**

**-Sharvari Rane (PPS)**

Dil khush-khush-khusham,

Dil khush-khush-khusham,

Aa gayi Maggi-Maggi-Maggi

The Maggi Welcome Back song has made the young generation crazy. Not only they are growing crazy due to the song but also due to the Maggi noodles. Noodles, burgers, cakes and many more low nutritional value food come in the collective term as Junk ‘Food’. ‘The pre-packaged or prepared food that has low nutritional and high calories values’- is exact definition of ‘Junk Food’. These kinds of victuals has grown an addiction for all. The young generation is highly attracted towards it. Nowadays, teens and other young generations drink CO2 and H2CO3 more often. In simple words they intake carbon dioxide and carbonic or carbonated water. Cokes and diet cokes contain superfluous measure of sugar but is deficit of nutritional content.

These days healthy food like rice, beet, dal, chapatti, vegetables, broccoli has gone into past and is cooked once in a blue moon. Many cholesterol suffering people might have changed their diet to oats recipes but a very few know that almond has several benefits but the most celebrated one is cholesterol reduction.

Restaurants like Mc Donalds, Pizza Hut, Papa Johns, Dominos, CCD should be open only twice or thrice a week a not every day. This would maybe bring a drop to the junk food habits of the young generations. This poem best describes the hearts of several youngsters-

‘Take away junk food is heaven on earth, exploding the senses expanding the girth, it’s bliss for the taste buds, it’s nectar so sweet, there’s nothing good like a fast food treat.’

This poem reflects the minds of young sweet sixteen. They might also be feeling that- ‘Take away junk food is what I adore, one whiff of a chip and I’m yearning for more, it’s a sad thing to say, but I’m hooked on the stuff.’ A hopeless addiction and I can’t get enough.