Children often eat food that is not good for their health. What are the reasons for this? What can be done to make children stop eating unhealthy food? (3rd November) (GT)

Children habitually consume food which is not good for their health. There are a number of causes of this, but certain measures could be taken to alleviate this problem.

There are several causes of this situation. Firstly, children love to indulge in junk food because they can easily buy it anywhere. For example, in my neighborhood, specifically under my block, there is a convenient store that they can just buy out from the shelves. Moreover, across my block, there is a big grocery store that sells a variety of unhealthy food. Because of this, kids can just easily buy food that is not good for their health. Another cause is that processed food is tastier and full of flavor compared to a heathier food.