

An Impact of Junk Foods Among Yougesters

Sanjo.T, Shankar S, Vetrivel M, Saiees Chandrakumar, J Pavithra

Abstract : Junk food tastes clever, however the outcomes at the health is detrimental. Junk foods have become a distinguished characteristic of the weight-reduction plan of youngsters, mainly in the developing united states. The fitness problems that stem from overweight and fatness will shorten the technology. Future children need to remember the fact that those kinds of intake behavior can produce nutritional deficiencies on the aspect of weight benefit that in the end results in metabolic syndrome. We have a propensity to planned to conduct a survey to training session the amount of awareness concerning the commercially processed food and drinks some of the kids. This look at concludes that the kids area unit partially awake to the deadly results of excessive consumption of the junk ingredients and smooth bubbling drinks; they may be eager about the fashion and habituated. This observe highlights the need for programme to boost the eye of the health dangers created by means of intemperate intake of junk meals

INTRODUCTION

'EAT HEALTHY AND LIVE HEALTHY' This is our proverb which we followed yetlast decades, but now everything has been changed in our life style including foods and so on. Now a days 60 % ofyoungsters eating junk foods, because of lacks of work pressure and following western culture . Everyone knows that junk foods are not good for health but our circumstance change our life style and health conscious. And these people spending too much of money to eat junk foods. In India we can see plenty ofLocal food court, Homemade restaurant, Hotels and Five star Hotels. In these days we can see more number or youngster affected obesity, heart disease,digestive issues, depression and stroke, type 2 diabetes, cancer, and early death [1-6] . In Tamilnadu especially chennai people having junk food habits because oftaste, low price , taking picture , treat and so on. We can easily overcomefromjunk food culture , making organic foods at home and having fruits and vegetables as major foods and proper exercise can reduce the percentage value ofjunk food eaters.

REVIEW OF LITERATURE

SunitaMishra(2014) Fast food costs relatively little and tastes good, but the negative effects on physical health last

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Sanjo.TStudent, Department of Management Studies Biher, Chennai – 73, TN, India.

Shankar SStudent,Department of Management Studies Biher, Chennai – 73, TN, India.

Vetrivel M Student, Department of Management Studies Biher, Chennai – 73, TN, India.

SaieesChandrakumarStudent, Department of Management Studies Biher, Chennai – 73, TN, India.

J PavithraAssistant Professor, Department of Management Studies Biher, Chennai – 73, TN, India.

much longer than these immediate concerns[7]. With the high-calorie meals come more fat, cholesterol, salt and sugar and therefore fewer vitamins, minerals and other nutrients than in healthier foods[8-16].

Anderson and Butcher (2006), who use national data on adolescents aged 14–20 years to examine whether various school food policies influence BMI (based on self-reported height and weight data) [17-24].

Andrew F. Smith,Encyclopedia of Junk Food and Fast Food(2002), Eating junk food and fast food is a great all-American passion. American kids and grownups love their candy bars, Big Macs and supersized fries, Doritos, Twinkies, and Good Humor ice cream bars [25-30].

OBJECTIVESOF STUDIES

- To study the youngsters how much money they spent for junk foods.
- To study about which types of junk foods the areeating.
- To study the youngsters aware about junk foods and the problems.

RESEARCH METHODOLOGY

For this study, respondents are selected from Velachery,Chennai. Data was collected through surveymethod. After describing different aspects of questionnaire, requested to respondent to fill the questionnaire[31-33]. Questionnaire contained close ended questions Population Size isconvenience.

RESULTS

- ❖ 40 % youngsters eating junk foods for tasty , 50% youngsters eating junk foodsfor low price and 10 % ofyoungsterseating junk foods for easy to make
- ❖ 30 % of youngsterssays fried rice and chicken is their favorite junk food,40% of youngsters says Buff,Pizza,Samosas and chat items are their favorite junk foods, 20% of youngsters says Chipps,Lays,Cocola and Pepsi is their favorite junk foods and 10% youngsters says Milk shakes is their favorite junk foods
- ❖ 70% youngsters visit frequently such as twenty times in a month, 20% youngsters says they visit 10 times in a month , 10 % youngsters only visit sometimes in a month.

- ❖ 60 % of youngsters used to go Restaurants to having junk foods ,20% of youngsters used to go street food court because of low price and tasty , 15 % of youngsters used to go hotels to having junk foods only 3 % youngsters used to go Five star hotels to having junk foods,2% of youngsters make their junk foods home itself.
- ❖ 50% of youngsters spend more than 4000/- for eating junk foods, 20% of youngsters spend more than 2000/- for eating junk foods , 20 % of youngsters spend more than 6000/- for eating junk foods , 5% of youngsters spend more than 10000/- for having junk foods and another 5 % of youngsters spend 1000/- for eating junk foods in a month.

CONCLUSION

This study illustrate about The impact of junk foods . In this study we can see the ad dictation of junk food. These people spending huge amount for Eating Junk foods, They does not bother about their health and they take photos and post it on social medias . Everyone knows that Junk food not good for health. But the taste of food and the price of the food draws youngsters . Some people go to Five star hotels to having Junk foods because which belongs their prestige and Girls are more addicted to eat junk food than boys.

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