Volume 2, Issue 1

CLARIFYING THE NEGATIVE IMPACT OF JUNK FOODS ON CHILDREN

Ilmuradova Ejesh Guychmuradovna
Toxirova Shaxlo Rauf qizi
Navai State Pedagogical Institute Faculty of Foreign Language

Abstract: The consumption of junk food has increased significantly in recent times, especially among children. This research paper aims to examine and illuminate the negative impacts of junk food on children's health. It surveys the harmful effects on their physical health, mental wellfare, and overall development. By pointing out these negative impacts, we can promote awareness and stimulate healthier eating habits among children.

Introduction:

The consumption of junk food, defined as extremely processed foods that are low in nutritive value and high in calories, sugar, unhealthy fats, and sodium, has become a prevalent trend. Children are particularly vulnerable to the negative impacts of junk food due to their developing bodies, preferences, and dietary habits. This research paper aims to shed light on the harmful consequences of junk food among children and encourage exertions to promote healthier other possibilities.

Childhood Obesity: A significant anxiety associated with the immoderate consumption of junk food is the rising commonness of childhood obesity. The high-calorie content, lack of essential nutrients, and large portion sizes donate to weight gain, leading to obesity and related health affeirs such as cardiovascular diseases and diabetes.

Nutritional Deficiencies: Junk food lacks essential nutrients such as vitamins, minerals, and dietary fiber. As a result, regular consistent consumption can lead to nutritional insufficiencies, diminishing growth, development, and overall health.

Dental Problems: The high sugar content in junk food, including carbonated drinks and candies, contributes to dental issues such as tooth decay, cavities, and gum diseases.[1]

Literature review:[2]

Psychological and Behavioral Effects:

a. Penniless Cognitive Function: Research suggests a link between junk food consumption and poor cognitive function in children. Studies have found that diets high in unhealthy fats and sugar can negatively affect memory, attention, and learning abilities.

b. Mood and Mental Health Disorders: There is verification to recommend that a diet rich in junk food can contribute to mood swings, depression, anxiety, and other mental health disorders in children. The lack of all-important nutrients and the presence of added ingredients and preservatives may disrupt brain chemistry and contribute to these conditions.

c. Addiction and Cravings: Highly processed fast foods are often designed to be addictive, containing high levels of sugar, salt, and unhealthy fats. This can lead to desires and difficulty in cultivating healthier eating habits as children grow older.

By Dr. Liji Thomas, MDReviewed by HH Patel, M.Pharm.Fast food or junk food is a generic term for all kinds of foods which are rich in energy, because they contain a lot of fat and sugar, as well as salt, but are relatively low in other important nutrients such as protein, fiber, vitamins, and minerals. However, fast food is extremely attractive to most children because of the taste, comparatively lower price, and convenience (doesn't require any cooking or preparation). Since children typically do not understand how this kind of food negatively impacts their health, it can be quite addictive.This article describes some important ways in which junk food harms children's health.Fast food or junk food.

[1] https://www.news-medical.net/health/How-Fast-Food-Affects-Childrens-Health.aspx
https://kids.frontiersin.org/articles/10.3389/frym.2022.694523

Image Credit:Shutterstock / ChameleonsEye Negative Aspects of Junk Food Regular junk food intake leads to long-term health problems such as stoutness, accompanying emotional and self-esteem problems, and chronic sicknesses in later life. A only fast food meal could add 160 and 310 extra kilocalories to the daily caloric intake for teenagers and younger children, particularly .Lack of vitamins such as A and C, and minerals such as magnesium and calcium, inspire the development of shortage diseases and osteoporosis, as well as dental caries due to higher sugar intake.The attendence of perilous food coloring agents and/or unhealthy trans fats in many fast food items, and issues with food preparation safety, often complicate the issue further.

Conclusion:

In conclusion, fast food harms children's health due to its high calorie, fat, sugar, and salt content, and lack of essential nutrients. Children who consume fast food on a regular foundations are more likely to be overweight or obese and have an increased risk of developing chronic diseases such as type 2 diabetes and heart disease. Promoting healthy eating habits is essential to ensure children's overall health and well-being, and to help them develop healthy habits that will benefit them throughout their lives. At Ekya Schools, we prioritize the importance of a healthy diet and encourage our students to make healthy food choices. We comprehand that healthy fast food options are obtainable, but it is important for children to understand the variation between healthy food and fast food junk food. We believe in educating our students on the importance of making healthy selections when it comes to their diet, and we uplift parents to make healthy food choices for their children as well.Fast food intake definitely needs to be strictly controlled in children as it does no good and may do much harm. The antidote? Surprisingly, a simple increase in fruit intake can improve the mood and reduce the severity of atopic diseases. Stopping the marketing of junk foods directed at children with[3] attractive characters and gifts may be one way to help children[4] eat better. Another method is to make healthy food more easily available at affordable[5] prices[6] [7][8]and in a more appealing format.

References:

1. Choobineh M.A., Hesari S.N., Hossain D., & Haghighizadeh M.H. (2019): Study of nutritional knowledge of Ahwaz high school girls and the education effect. Birjand Univ Med Sci J, 16:23-30.
2. Dharmapuri R. (2017): Dietary habits and effect of two different educational tools on nutrition knowledge of school-going adolescent girls in Hyderabad, India. European Journal of Clinical Nutrition; Vol. 61: p.1081-1085.
3. Fatehi Panah S., Salavati A., & Shafeai R. (2015): Effect of promotional training program to reduce the consumption of fast food Case study: Showing promotional Ads, brochures and Counseling to students in Sama primary school. J Health Syst Res; 11(2):435-43. [Persian]
4. Gopal J, Sriram S, Seenivasan R, Kannabiran K. Student's perspective on junk foods: Survey. Sudanese Journal of Public Health 2019; Vol. 7(1): p. 21-25.
5. Haris N. (2018): Demand Media: How to Reduce the Intake of Junk Food .
6. Children. A vailable http://www.healthy eating.sfgate. from: com/reduce-intake-junk-food-children-576 8.html.

[5] https://www.indiaparenting.com/harmful-effects-of-junk-food-on-childrens-health.html

[7] https://www.miracleshealth.com/blog/effect-of-junk-food-on-children/

7. Harsha H.N., Jha A.K., Taneja K.K., Kabra K., & Sadiq H.M. (2019): A study on consumer awareness, safety perceptions, and practices about food preservatives and flavoring agents used in packed/ canned foods from South India. National Journal of Community Medicine; Vol. 4 (3): p.402- 406.
8. Heydari G.H., Moslemi S., Montazeri F., & Heydari M. (2013):Efficacy of education on knowledge, attitude and practice of type II diabetic patients about correct nutrition. Tabib-e-Shargh, J Zahedan Univ Med Sci Health Serv; 4:207-13.
9. Hosseini M., Shojaeizadeh D., Chaleshgar M., & Pishva H. (2016): A study of educational intervention on knowledge, attitude, practice about iron deficiency anemia in female adolescent students. Gorgan Univ Med Sci J; 8:37-43.

