

Junk is, it does not
contain any good



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SKILLSLUBNASHEIKHJANUARY5, 2018 Contemporary world has its own identity in the field of food. One of the major variety of food among them is fast foods or junk foods. These kinds of food are widely used all over the world and it catch the attention of the world of food.

People are not concerned about the health issues with the consumption of these types of foods. Fast foods provide lot of calories and less nutritional value, which minimizes the healthy diet system of our body. It does not contain any nutrients that requires for our healthy life style.

The fat, sugar and sodium present in the fast foods lead to diseases like obesity, heart diseases and diabetes. Most people prefer junk foods or fast foods due to its taste and affordable price, but it has some negative aspects as well. Some fast foods contain various harmful chemicals which causes our healthy life, due to this reason many countries banned harmful chemicals that uses in fast food industries. Demand for the junk and fast foods surge the growth of fast food industries widely all over the world. Whether it is for better or for worse junk foods are seen in all over the world.

Excessive junk food consumption leads to various harmful health issues in our body. The main reason is, it does not contain any good carbohydrates or protein. To elaborate, the major problem with junk food is obesity, the large amount of fats present in junk food accumulates in our body and as a result it roots to other diseases like heart disease, diabetes, arthritis.

This over eating feels uncomfortable and lack the interest in exercise where we need to burn off more calories. Fat and sodium entered to our body makes blood pressure or hypertension in high rate and blood cholesterol level. Our poor cognitive performance may be because of elevated level of dietary fat. Most junk food are high amount in unhealthy chemicals and majority are fried food stuffs (BOSE D, 2001). Children who eat a lot of junk foods may have deficiency in nutritional level, disturbance in sleep and other issues related academic achievements. More over, it leads depression in teenagers and some hormonal changes may affect their character. Junk foods with carbohydrates and less fibre makes some complications in digestive system like, break down of these stuffs convert to glucose and enter to our bloodstream as a result sugar in our blood increases. The two types of cholesterol present in our body are: HDL Good cholesterol and LDL Bad cholesterol. These are two types of cholesterol found in human body.

Bad cholesterol is not good for functioning of a healthy body while good cholesterol is an important to maintain a healthy body. The junk foods may increase the amount of bad cholesterol in our body, which will lead to serious health issues in our body. Although we may feel satisfied when we eat fast food and junk foods, but these kinds of foods are lack in important nutrients like protein and minerals which makes our body healthy and energized (disadvantages of fast food , 2001). Another major impact of fast food in the world is based on the economy of a country. Fast food industry degrades the economy of a country by locating fast food industries or restaurants in different countries.

Some fast food companies make franchisees in various parts of the world and they fascinate the economy of other countries. Even though some junk foods are expensive than other types of foods, people prefer to buy junk food because of its taste and easiness to consume. Fast food restaurants make their food with fatty and sugary substances, which attracts the customer to buy it and with its good taste, they may have the tendency to buy it again. Foreign fast food industries mainly focus on unskilled labours to work behind the counter at very low daily wages and the fact is that, workers would belong to the country where the company is situated. Environmental consequences are another disadvantage of junk foods, excess production and packaging results in the formation of high amount of chemicals which are used as preservatives in fast food industries. These chemicals make the food tastier, but it is harmful for the environment and living organism. Fast food disadvantages are innumerable, it has both economic and social effects in the society, other major impact of fast food is, it is one of the reasons for reduction in time off family get together.

Our meal time with family can be considered as a superior time to eat and share our experience on daily basis (BROWN. J , 2009). Arrival of fast food makes changes in this family get together and due to this reason family members spend less time together. In olden days, every family has more members when compared to present situation and these family members have their get together at the meal time and they share everything each other, if anyone in the family had faced a problem, all family members would support the individual and the problem get solved. The system has

changed by the modern world and this new generation. They can buy and eat on the way, office or wherever we like to have food.

They created an innovative way of life style to reach their goals, but it was not a success like before. Youngsters always prefer unhealthy but its fascinatingly taste of fast foods. Even though many fast foods joints are now offering healthier food varieties, most of them are still quite unhealthy. Majority of teenagers desire these kinds of food restaurants to hangout with friends rather than their parents. Hence, we can realize that they are well interested with these unhealthy life style and they are keeps away their parents and relatives due to this reason. Once they changed their habit of healthy to unhealthy foods then it may be harder to return them from new way of life (Disadvantages of fast food, 2001). To conclude, fast foods has an attractive taste and easy to make, it become permanent part of our life.

Although it has all these positive factors, it may cause some serious health problems. If you are conscious about your weight, gets off junk food fast. it could do amazing for overall health and weight. it should be very important to workout while having this type of food, if you feel any difficulty to quit eating fast food at least reduce its harmful effect. Modern world is rich in money but poor in time, hence want everything as fast as possible.

People should find a way to control the over consumption of fast and junk foods. Due to little nutritional value and high fat and sugar content makes the fast or junk foods unhealthy.