

“HEALTHY FOOD AND JUNK FOOD CONSUMPTION AMONG ADOLESCENT GIRLS”

Abstract

Food is the most essential component of all the living organisms. It works as a fuel for our body to work efficiently and keep the living organisms alive. Food is needed for getting energy and for the growth of the body. Nowadays, maximum numbers of people likes and prefers to eat foods from the restaurants that provide it in just few minutes. But people are not at all aware of the fact that it could affect their health condition and sometimes may create trouble. They do not prefers to consumed the nutritious foods or the traditional foods prepared with high amount of nutrition. They doesn't care about the negative impact of the junk foods and go for it for their taste. For these types of condition a very large number of teenagers are seen to suffer from various diseases at the very young age.

This research paper was mainly based on the impact of junk foods on the adolescent girls. It also discusses the widespread consumption of junk foods among the adolescent girls and their negative impact on their life. It has seemed to be very important to remind the general population mainly the adolescent girls about the impact of junk foods on their health and the illness that they could suffer after the consumption of it. This paper discusses the highest number of adolescent who prefers to consume junk foods. It also shows the negative effect that are happening in their bodies.

Keywords: Health, junk foods, diseases, impact of junk foods.

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I. INTRODUCTION

Adolescence is a period between childhood and adulthood, it is an opportunity for the improvement of nutritional status for the adolescents and it corrects poor nutritional practices. This is about the same period puberty set in typically between the ages of 10 and 13 years in girls. Adolescence is a period in which growth is very fast. During this time, physical changes affect the body's nutritional needs which changes in one's lifestyle may affect eating habits and food choices. Therefore, adolescent nutrition is important for the physical growth of the body and it prevents future health problems. All parents should therefore pay particular attention to the nutritional need of their teenagers.

Junk foods refers to the food that can be served ready to eat fast. Junk foods and junk foods are often used interchangeably. Energy dense food with high sugar/ fat/ salt content and low nutrient value in terms of protein, fiber, vitamin and mineral content is termed as junk. Many of our children like readymade food. Nuclear families, working mothers, socio-economic status, close proximity of fast food shop, food tests and quick service in the shop are important contributing factors of fast food consumptions. This kind of food is responsible for obesity, hypertension, heart disease and diabetes.

According to leading website Junk food is the term given to food that can be prepared and served very quickly. It was described as food quickly prepared, reasonable priced and readily available alternatives of home cooked food (Habib et al., 2011).

According to research, the consumption of fast food on a regular basis leads to excess energy intake leading to an increase risk of over weight and obesity. (Paeratakul et. al., 2003).

II. OBJECTIVES

- To study about Junk foods consumption pattern of adolescent girls.
- To study about the nutritional status of the adolescent girls by using the direct and indirect methods of assessments.
- To know about the nutritional requirements of the adolescent girls.
- To know about the food intake pattern of the adolescent girls.
- To know about the healthy and junk food consumption of the adolescent girls.

III. MATERIALS AND METHODS USED

- 1. Selection of the Study Area:** The area selected for the present study was the area of Rangagora Road Tinsukia District.
- 2. Selection of the Sample Size:** Forty adolescents girls were selected randomly for the present study or the survey.
- 3. Data Collecting Tools:** A self-structured food frequency questionnaire was used for the collection of data.

- 4. Methods of Data Collection:** The data were collected through face to face interview with the target group by visiting various Higher Secondary Schools, hostels etc. and other areas of Rangagora area of Tinsukia District.

IV. RESULT AND DISCUSSION

This report is mainly based on the healthy and junk foods consumption among the adolescent girls.

Adolescent is the another most important phase of the human life where enormous growth and development occurs with the different changes like physiological, psychological and social. As the changes are rapid therefore the requirement of the nutrition for them is also very important. If adequate amount of nutrition is not provided to them in accordance to their age groups then they may lack in nutrition. Their need of calories, calcium, zinc, protein, iron and other such vitamins are high.

Junk foods are very popular among the adolescents even its consumption has after been associated with negative impairment on nutritional status and health. The adolescents who were consuming fast food everyday had a higher body mass index (BMI) than others. Junk foods culture is a vigorously surprising trend among the youngsters. Although, its impact exists on whole society, whether belong to lower middle class and or elite class. But beside this thing till today there is no paper definition of the fast food (kaushiketal., 2011).

Inadequate nutritional intake during adolescent can have serious consequences throughout the life. It was also seen that a vast difference can be seen in the structure and the growth and development of the adolescent girls. It is mainly because of the consumption of food by different respondents differently and their interest, likes and dislikes. Difference can be seen because of the improper food consumption. It was also seen that respondents who consumed cereals, pulses and legumes, green leafy vegetables, fruits and nuts were more healthier with proper height and weight and their bodily growth is proper in accordance to their age group. Likewise it was also observed that only a small amount of adolescents consumed it in regular basis and some of them in alternative basis. The adolescents those who were much interested in consuming other packet foods, sweets, junk foods, fast foods were seem to develop and grow inadequately in comparison to the other respondents of their age group.

After collecting the information it was found that all the adolescent girls or the respondents possess an adequate weight and height in regard to their actual age. But a good number of some of the adolescent girls were also underweight in regard to their age group and it's all because of the consumption of the food pattern by them. This is mainly for the regular routine that they use to follow which have a direct effect on their growth and development.

These are some factors that are related to fast food consumption. Junk foods are taking popularity by nuclear family because working parents have less time for meal preparation by themselves. Socioeconomic status is an important factor related to fast food consumption. Adolescents from high economic status prefer fast food to traditional foods despite their better nutritional knowledge.

Consumption of fruits and vegetables along with dried fruits were high among some of the respondents and these foods are high in providing vitamins and minerals to the body. This food helps them in their growth and development. Regarding milk it is consumed along with an energy drink everyday. A very minimum percentage of respondents consumed it daily in both morning and evening.

With the above discussion it was found that there is no undernutrition affected adolescent girls that we have visited for our survey which was "Healthy food and junk food consumption among the adolescent girls."

It was thus, found that frequent fast food consumption is also a health concern because most fast foods are rich in saturated fats, trans fats, simple carbohydrates and sodium- all of which are nutrients associated with hypertension, cardiovascular disease and type 2 diabetes (World Health Organisation (WHO) 2003).

V. CONCLUSION

The research, "Healthy and junk foods consumption among the adolescent girls", aids in assessing the prevalence of nutritional disorders, planning corrective measures, and evaluating the effectiveness of the implemented strategies simultaneously. It is done to obtain information about the prevalence and geographic distribution of nutritional disorders with a community or a specified population group. It can be used to identify high-risk groups and to assess the role of different epidemiological factors in nutritional deficiency.

A balanced diet is required to be followed by the adolescent girls for maintaining a healthy lifestyle and always stay fit and free from the diseases. They get addicted to these kinds of unhealthy foods if they consumed it on a daily basis. Junk foods also have harmful effects like fatigue, it can also lead to depression in the adolescent girls as the foods are not healthy, can cause constipation problems, fluctuation in blood sugar level, brain contentment is affected, can increase the risk of heart disease, kidney problems may occur.

Thus, it can be concluded that the role of a diet at onset of many diseases, and assessing the nutritional status of an individual, family and community are important for public health. It can also be used to identify the high-risk groups and to assess the role of different epidemiological factors in the nutritional disorders. It is useful in obtaining information from a large group of people or community and in determining the nutritional status with the help of many studies.

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