

Junk Food – Why Call It That?

An activity of "Finding food is easy but eating well is not"

Almost every day we hear through the media, in schools, and advertisements about junk food and how it's not good for us. Yet it is all around us and we continue to indulge in it. **"Finding food is easy but eating well is not"** (page 11, *What's Up* February 2020) tells a familiar story — one that we can easily identify with.

Instructions

Using the helping words in the table below, fill in the blanks. Work in pairs.

junk	eczema	stress	diabetes	vitamins
chocolates	salt	chronic	asthma	
self-esteem	minerals	soft	concentration	

- a. What is junk food?
- Fast food is sometimes called _____ food when it has poor nutritional value. French fries, for example, is high in unhealthy fats and _____. But, it lacks in protein, fibre, vitamins, or minerals. It is unhealthy.
 - Popular snacks like potato chips, ice cream, _____, cookies and _____ drinks are also considered junk food.
- b. Junk food is everywhere and tastes so good, so what's the problem?
- Regular consumption of junk food deprives the body of fibre, _____ such as A and C, and _____ such as magnesium and calcium, which are essential for the body.
 - It leads to obesity, which leads to emotional problems and low _____, even depression.
 - Obesity also leads to _____ diseases like _____ and hypertension in later life. It also increases the risk of heart attacks in adults.
 - Eating fast food more than three times a week increases the risk of disorders such as asthma, _____ or rhinitis. It also increases the severity of _____ by almost 40% in teenagers and more than 25% in younger children.
 - Too much sugar from ice-creams, chocolates, and high sugar drinks causes fluctuations in sugar levels in the blood. This can lead to _____ and poor _____ which can affect our work and studies.
- c. Should you be concerned about your junk food intake? Why? Do you plan to do something about it, and if so, what? (Self-reflection)