



Green Schools Network

ACTIVITY SHEET

September 2009

Why talk about Junk Food?



We all love snacks like chips, burgers and chocolates. They taste delicious, are easily available and mostly ready to eat. This food is often called junk food. Because its nutritional value is very low. It has a high part of sugar, fat and salt and very little proteins, vitamins and minerals. This category includes all kinds of sweets, soft drinks, chips, burgers, pizza, ice cream or fast food. Eating junk food often and regularly is an unhealthy diet, which can cause serious health problems.

Name.....

School Name

Class..... Date

Gobar Gyan

The World Health Organization (WHO) estimates that till the year 2005 over 2.3 billion people in the world be overweight. That is about one third of all humanity!

For a long time health problems caused by 'unhealthy diets' have been an issue that was considered to be a 'developed nation's problem'. But now it has started to affect developing countries, as well, especially those with a growing middle class in urban areas. This segment has recorded a considerable hike in income. This seems to have translated into 'flab' for many.

In India junk food plays a more significant role than in the past. Heart diseases and diabetes are increasing at an alarming rate. A study reveals that about 18 per cent of Delhi's school kids are overweight. Eating too much junk food instead of regular food like rice, roti and fresh vegetables can pave the way for diseases in adulthood.



*Hi! I am Pandit Gobar Ganesh.
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that tells you how your everyday life is linked to the
world around you. Hooked, huh? If you want to
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Activity: 1

- a. What makes your diet 'healthy'? Ask your teacher or your doctor or simply search the internet for help. Make a chart and put it up in your room/classroom.

- b. Find healthy alternatives that are as tasty but less fattening than the types of junk food.

Chips

Burger and Pizza

Soft Drink

Ice cream

Instant noodles like Maggi

Chocolate

- c. Besides diabetes and heart problems, what are the other ailments that can be triggered by eating unhealthy or by overweight? If you don't know, ask your doctor!

Activity: 2

Evaluate yourself. Write down what you eat for a few days.

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Snacks			
Dinner			

Afterwards judge yourself with your knowledge about healthy food. Mark all the unhealthy food you ate in red and the healthy food in green.

How healthy was your diet?

Activity: 3

- a. Advertisement and commercials on television, magazine or packages play a very critical role in forming food habits. Junk food producers have several marketing techniques to promote unhealthy food items. For example, they print celebrities on the packaging. What other smart marketing strategies can you think of?

- b. Next time you watch the television: count the commercials. How many promote junk food? What do you think about these spots?

- c. Discuss in your class: Do you think marketing for unhealthy food is right? Do you think there should be marketing restrictions on unhealthy food?

If you want to know more about the connection between marketing and junk food look at this website: www.junkfoodgeneration.org



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