



SAY NO TO
JUNK FOOD.

READ MORE ...

MACVISTA

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THINK THROUGH IT ...

‘Take care of your body. It’s the only place you have to live.’

- Jim Rohn

What is junk food?

Junk food is a term made of two words – Junk and Food. Junk refers to anything that is useless or of low quality. Food refers to a nutritious substance that is consumed to live and grow.

A contradiction in terms, junk food is consumption of eatables that are of no use in providing nutrition that helps us to live and grow.

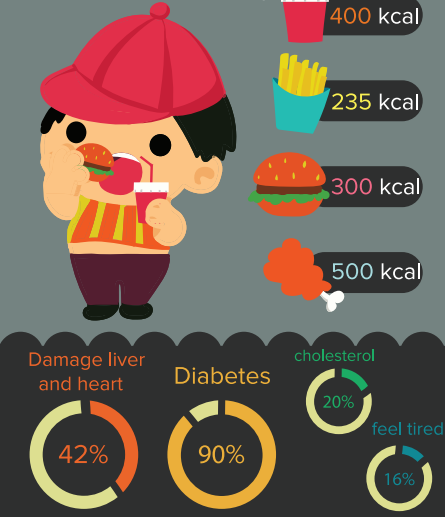


Since you are what you eat, would you choose JUNK food???

What junk food does to our body

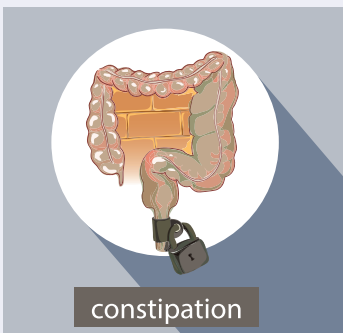
JUNK FOOD'S

Effect On Your Body



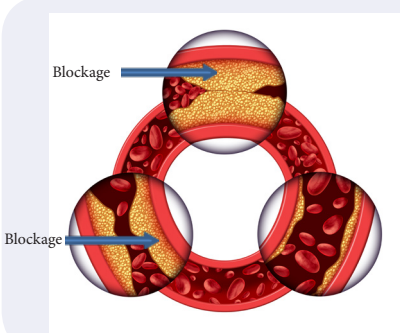
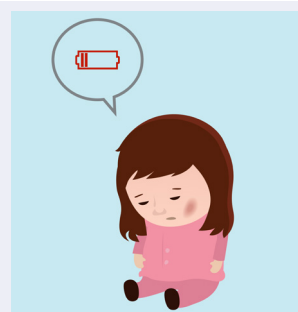
Many of us might think what is called junk food is after all food. It does appease our hunger and provides us energy. What's more ... there is no visible immediate change in the way our body functions after we eat what is called 'junk food'. The fact is more junk food you consume, the less likely you are to consume the essential nutrients that your body relies on. Let us find out what junk food does to our body.

Junk food is one of major contributing factors for the emerging diabetes epidemic. Insulin is a hormone that helps the body use glucose for energy. When you eat a healthy diet, your body gets a steady supply of glucose, which helps maintain insulin sensitivity. On the other hand, when you eat only junk food, the excessive stress exerted on your metabolism affects the ability of your body to use insulin properly. Obesity, which is another side effect of junk food, is also one of the main reasons for insulin resistance and development of diabetes.



Spices in the junk food can irritate the stomach lining and cause digestive problems. As most junk food is deep fried, the oil soaked in junk food gets deposited on the walls of the stomach lining. This increases acid production. Most junk foods lack fibre. This further hampers digestion that can cause problems such as constipation.

Though eating junk food may give rise to a feeling of immediate satisfaction, it makes you feel tired and weak after some time. If you eat junk food all through the day, over a period of time, you can be a victim of chronic fatigue. Energy levels can dip to such an extent that it may be difficult for you to even carry out your daily activities.

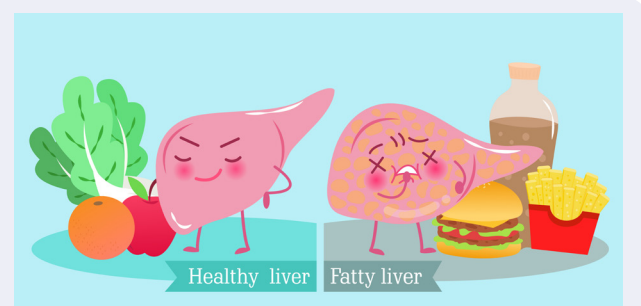


The saturated fat and trans fat in junk food leads to plaque formation and heart disease. Junk food also damages the linings of the blood vessels causing chronic inflammation. This inflammation causes bad cholesterol to stick to the walls of the arteries, blocking blood flow to the heart. When they're blocked enough, heart attack occurs. Obesity caused by junk food can also lead to heart problems. The more weight one puts on, the higher the risk of heart disease.



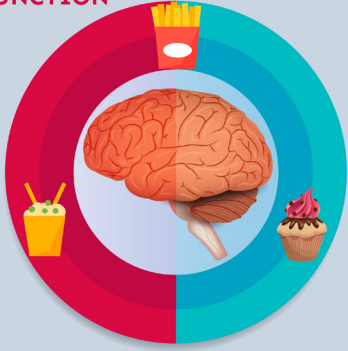
An Indian cutlery company based in Hyderabad, Bakeys, manufactures edible cutlery made from rice, wheat and sorghum since 2011. This cutlery with a shelf life of three years is manufactured without the use of any preservative. After the meal, the cutlery can be eaten. Even if it is disposed, this edible cutlery is far more environment-friendly than plastic cutlery.

The high level of trans fat in junk food affects the health of the liver. According to a study, people who ate junk food and did not exercise showed changes in liver enzymes within a time duration as short as four weeks. This can cause liver dysfunction due to deposition in the liver.



What junk food does to our brain

IMPAIRS
BRAIN
FUNCTION



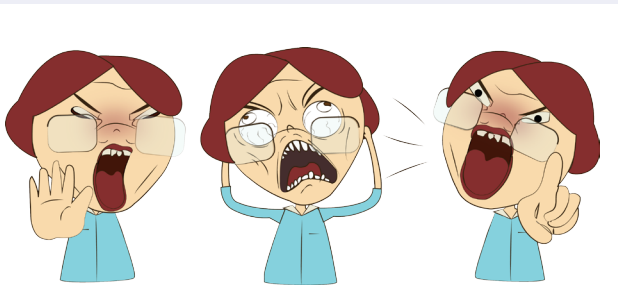
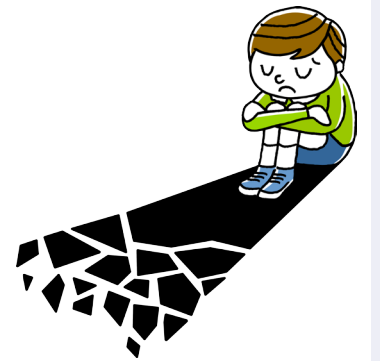
Well, junk food may not be the healthiest food, but most of us would believe that it does make us feel good. While most of us know that junk food can hurt our health, do we know the effects of junk food on how our brain functions. Well ... read what junk food does to our brain and check if junk food still feels good.

Junk food can cause memory and learning problems. According to a study, healthy people who ate junk food for only 5 days performed poorly on tests that measured attention, speed, and mood. This is because junk food is usually loaded with sugar and fat. This can suppress the activity of a brain peptide called BDNF (brain-derived neurotrophic factor) that helps with learning and memory formation.



With junk food it is difficult to process what we have eaten and to gauge the extent of hunger. This leads to overeating. According to a study, the trans fats in junk food may cause inflammation in hypothalamus, the part of brain that contains neurons to control body weight.

Several studies have shown that eating junk food, especially those high in sugar and fat actually changes the chemical activity of the brain. Discontinuation of junk food can lead to withdrawal symptoms such as depression. One turns back to these foods to feel good, thus creating a vicious cycle of addiction and dependence. Excessive consumption of junk food also results in the absence of essential nutrients like amino acid tryptophan. This further increases feelings of depression.



Junk food can cause blood sugar levels to oscillate rapidly. If sugar levels dip to a very low level, it can cause anxiety, confusion and fatigue. This can lead to impatient behavior. The artificial flavourings and preservatives in junk food such as sodium benzoate can also cause hyperactivity.



A study that assessed the quality of diet in 197 countries, covering almost 4.5 billion adults, 90 per cent of the global population found that several low income countries – such as Chad and Mali scored the highest for healthy foods.

Impact of healthy food



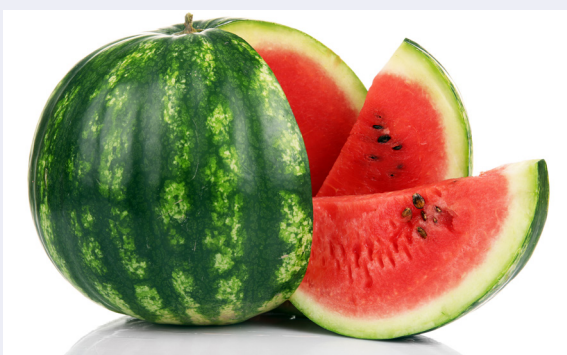
Now check out the way our body reacts to healthy food ...

Strengthen your teeth and bones with a diet rich in calcium. Calcium is usually associated with dairy products. You can also get calcium by eating sardines, salmon, dark green vegetables—such as spinach and broccoli, calcium-fortified foods, such as soya products, fruit juices and cereals.



As vitamin D helps your body absorb calcium, make sure you get sunlight (your body gets vitamin D from the sun) and have plenty of foods containing vitamin D in your diet, such as oily fish and fortified cereals.

You can smile your way to good health. Yogurt contains microorganisms that may help fight the bad bacteria that cause bad breath, plaque, and gum disease. Chewing of high-fibre fruits and vegetables increase the production of saliva. This also reduces bacteria in the mouth. According to scientists, fish rich in omega-3 fatty acids can reduce gum disease as it inhibits inflammation.



Glow with foods that have high water content. Such fruits and vegetables moisturise the skin and keep you hydrated. They safeguard the skin against cell damage and can help in maintaining radiant skin.



Stay happy with tryptophan. The body converts tryptophan to serotonin. Serotonin is a brain chemical that is linked to improved mood. These foods also stabilise blood sugar levels. Foods such as turkey, yogurt, and fish contain tryptophan.

ACTIVITY SHEET

Gobar Gyan

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. Eating too much junk food instead of regular food like rice, roti and fresh vegetables can pave the way for diseases in adulthood.

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 given below:

Chips – _____

Burger and Pizza – _____

Soft Drink – _____

Ice cream – _____

Instant noodles – _____

Chocolate – _____

- c. Besides diabetes and heart problems, what are the other ailments that can be triggered by eating unhealthy food? Discuss with your teachers and parents. You can also use the internet to help you find the answers.



Activity 2

Evaluate yourself.

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

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Snacks			
Dinner			

b. Judge your diet 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 that are used to promote junk food?

- b. Next time you watch the television, count the commercials that come during your favourite show. How many of these promote junk food?

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

Source: Activity Sheet. September 2009
www.cseindia.org

Lighten Up

Q: What did the mother ghost tell the baby ghost when he ate too fast?
Stop goblin your food.

Q: Why don't you starve in a desert?
All the 'sand which is ...' there.

Q: The condition that one gets from eating too much junk food.
Toxic waist.

Q: What did the teddy bear say when he was offered dessert?
No thanks, I'm stuffed!

Q: What did the baby corn ask its mother?
Where is pop-corn?

Q: What do you give to a sick lemon?
Lemon aid.

Q: What is a taxi driver's favourite vegetable?
A Cab-bage.

Q: Why did the lady eat inside the bank?
She wanted to eat rich food.

Q: What kind of food should you eat to increase your vision?
Seafood.

Q: What kind of candy is never on time?
ChocoLATE.

RIDDLES

• You throw away the outer layer to cook what's inside. Then you eat the upper layer and discard what is inside. What did you just eat?

• What do you get if you divide the circumference of a pumpkin by its diameter?

• What did the nut say when it sneezed?

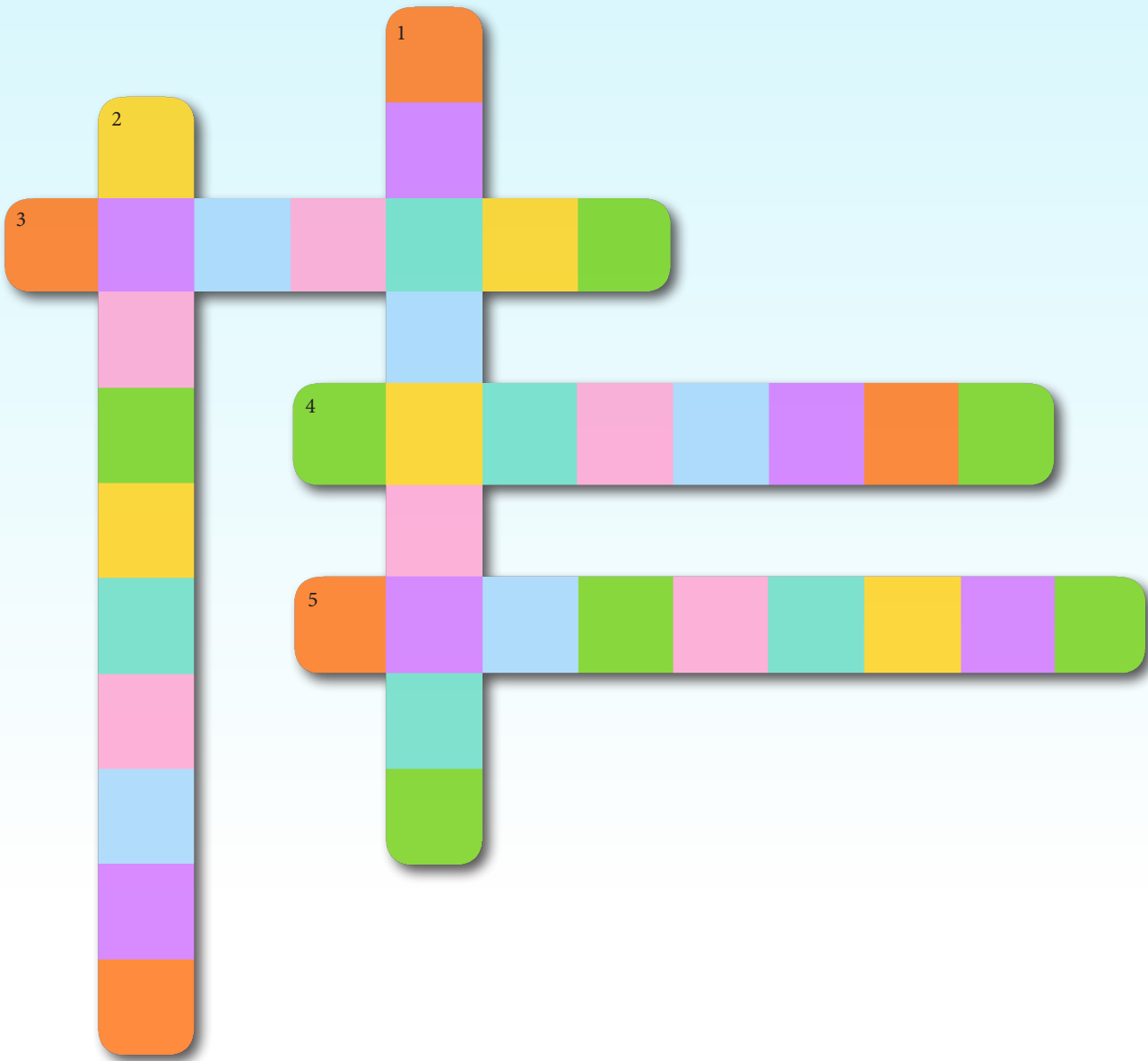
• What bird is with you at every meal?

• What do you call 150 strawberries bunched together?

Read the
ANSWERS
on page 10



CROSSWORD PUZZLE

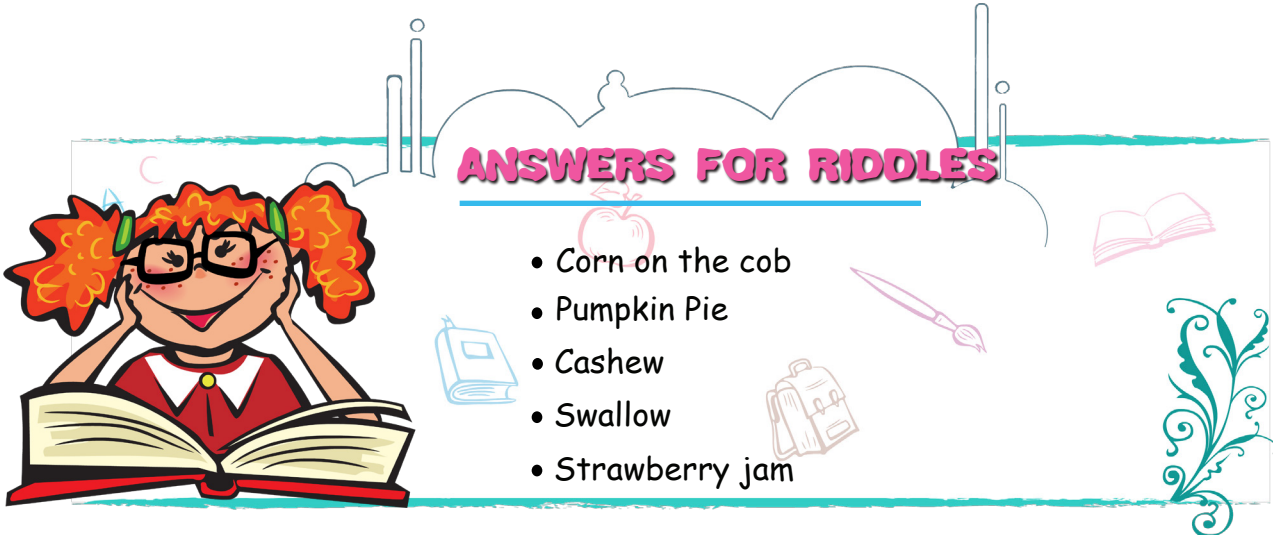



Across

- 3. Fit and strong.
- 4. A medical condition in which your body does not produce enough insulin to reduce the amount of sugar in the blood.
- 5. The process of changing food into the substances that your body needs.

Down

- 1. The science of food and its effect on health and growth.
- 2. A lack of something.



ANSWERS FOR RIDDLES

- Corn on the cob
- Pumpkin Pie
- Cashew
- Swallow
- Strawberry jam

Crossword Puzzle

Answers –

Across

3. HEALTHY

4. DIABETES

5. DIGESTION

Down –

1. NUTRITION

2. DEFICIENCY

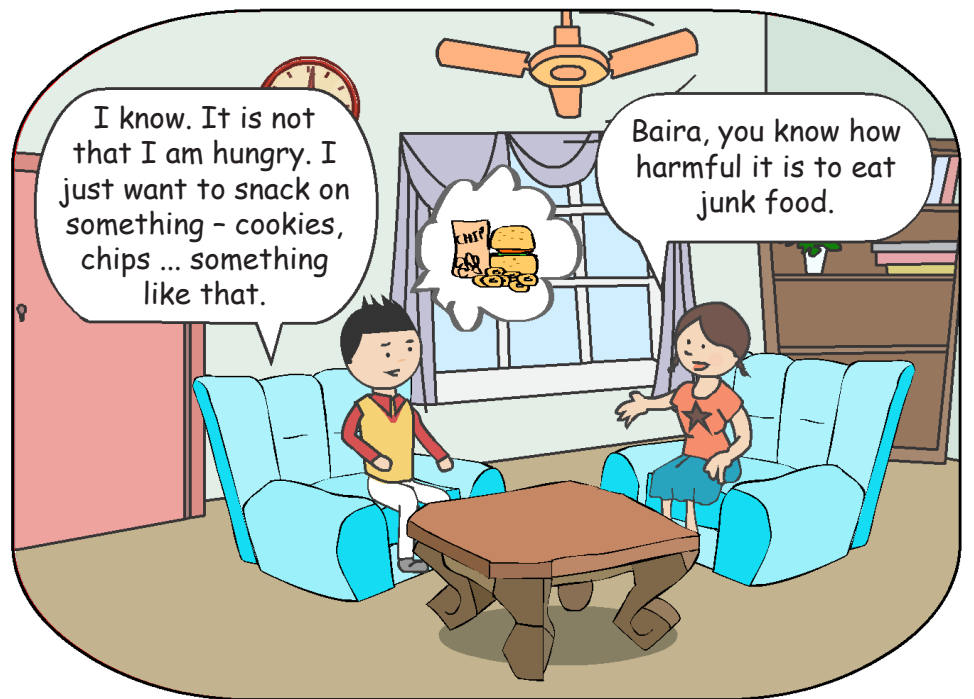
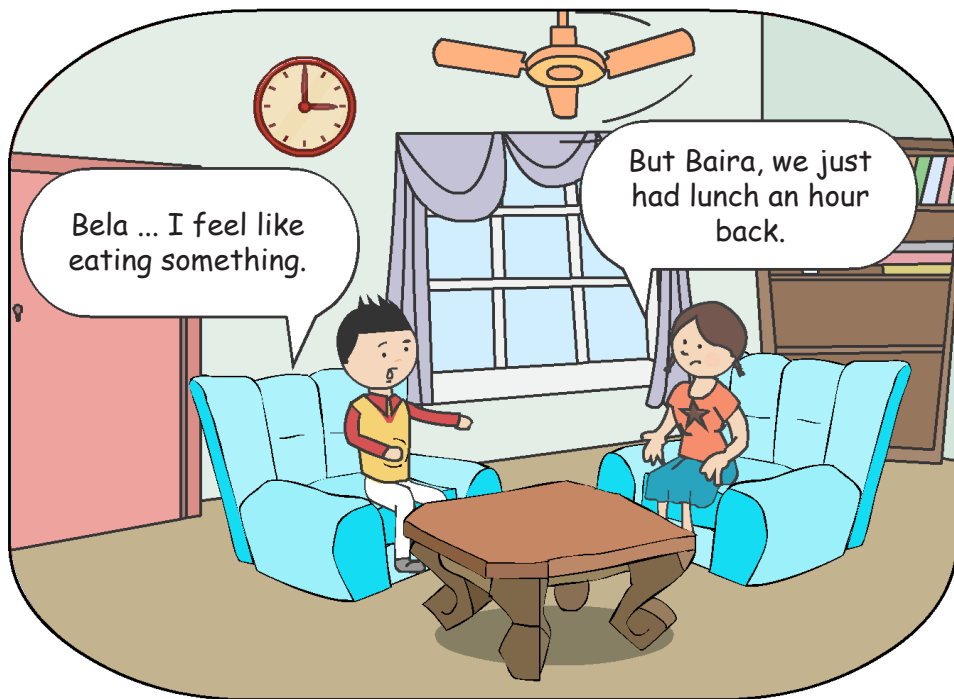


Comic Strip

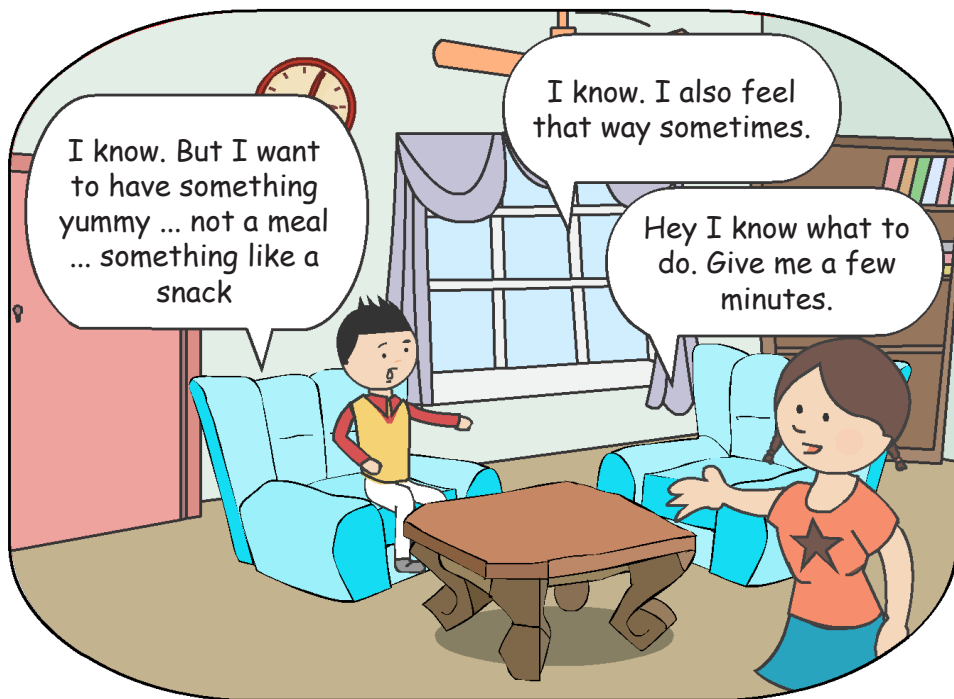


BAIRA AND BELA

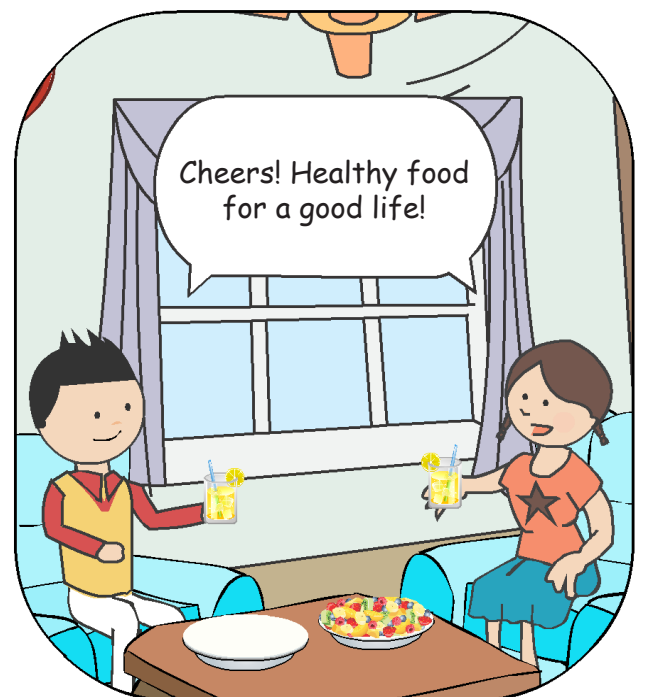
Baira and Bela are sitting in the living room.



After a few minutes ...



After a few minutes ...



Current Events Updates July-September 2017

July 6

Achal Kumar Joti takes charge as the 21st Chief Election Commissioner.



July 9

According to the Delhi High Court, one does not have a fundamental right to keep a weapon. The court states, that the object of the Arms Act was to ensure that weapons are available to citizens for self-defence, but it 'does not mean that every individual should be given a license' to possess a weapon. It further states, 'The object of the Act is self-defence. The grant of Arms license is a privilege conferred by the Act. There is no fundamental right of an individual to hold an arm (weapon).'

July 13

Liu Xiaobo, one of China's most famous pro-democracy advocates and political prisoners, passes away in Chinese custody at a hospital at the age of 61. He was awarded the Nobel Peace Prize for his long and non-violent struggle for fundamental human rights in China in 2010. The Chinese government refused to release Liu from prison to attend the ceremony in Norway and prevented his family from accepting the award on his behalf. So the award was presented to an empty chair.



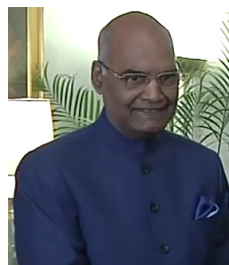
Liu Xiaobo

July 14

According to reports, a group of Indian astronomers have discovered a massive supercluster of galaxies. They have named it Saraswati. The supercluster is about 4 billion light years away.

July 25

Ram Nath Kovind is sworn in as India's 14th President. He is administered the oath of office by Chief Justice JS Khehar in the central hall of Parliament.



Ram Nath Kovind

July 25

Dr Yash Pal Rai, a scientist of international repute who made significant contributions in the field of science and to the study of cosmic rays, high-energy physics, astrophysics, passes away at the age of 90. Pal was awarded the Padma Bhushan in 1976 and India's second highest civilian honour, the Padma Vibhushan, in 2013.



Prof. Yash Pal Rai

July 27

Nitish Kumar is sworn in as the Chief Minister of Bihar for the sixth time.



Nitish Kumar

July 27

N. Dharam Singh, former Chief Minister of Karnataka, passes away at the age of 80.



N. Dharam Singh

July 28

The Supreme Court in Pakistan disqualifies Prime Minister Nawaz Sharif from office over undeclared assets. The court also orders registration of corruption cases against him and his children.

July 29

China successfully produces natural gas from methane hydrate, also known as 'flammable ice,' in an experimental project in the South China Sea.

July 31

The Supreme Court prohibits the use of five chemicals that have been labelled as toxic by the Central Pollution Control Board (CPCB), in the manufacture of firecrackers.



August 1

Pushpa Mittra Bhargava, veteran molecular biologist passes away at the age of 89. Bhargava was opposed to the introduction of genetically modified crops. He believed that such crops posed health hazards and required several tests before possible clearance.



Pushpa Mittra Bhargava

Current Events Updates July-September 2017

August 5

Hassan Rouhani is officially sworn in for a second term as President of Iran.



Hassan Rouhani

August 10

Poet and writer Vijay Nambisan, passes away at the age of 54. He became the first All India Poetry Champion in 1988. Nambisan championed the ethical use of language and made an appeal to readers, writers and enthusiasts of literature in his book 'Language as an Ethic'.

August 11

Former Union minister Venkaiah Naidu is sworn in as the 13th Vice-President of India on Friday. The 68-year-old was administered oath of office by newly-elected President Ram Nath Kovind at a function in Rashtrapati Bhavan.



Venkaiah Naidu

August 22

Former Manipur Chief Minister and a member of the first Lok Sabha Rishang Keishing passes away at the age of 96. A Naga, he served as the Chief Minister of Manipur from 1980 to 1988 and from 1994 to 1997.

August 22

The Supreme Court sets aside the practice of instant triple talaq as violative of Article 14 and 21 of the Indian Constitution. The apex court held that the triple talaq was against the basic tenets of Quran. "In view of the different opinions recorded by a majority of 3:2, the practice of 'talaq-e-biddat' – triple talaq is set aside," a five-judge constitution bench said in a 395-page order.

The court had clarified that it would only deliberate whether the practice of 'triple talaq' is part of an 'enforceable' fundamental right to practice religion among Muslims and not on the practice of polygamy.



August 23

Odisha Chief Minister Naveen Patnaik launches a grid-connected rooftop solar programme.

Under this programme, consumers can install small solar plants on their rooftops and consume the generated solar power during daytime. Excess power if any can be exported to the grid.



Naveen Patnaik

August 24

A nine-judge Constitution Bench of the Supreme Court rules that right to privacy is 'intrinsic to life and liberty' and is inherently protected under the various fundamental freedoms enshrined under Part III of the Indian Constitution.

August 28

A special CBI court sentences Dera Sacha Sauda chief Gurmeet Ram Rahim Singh to 20 years in prison–10 years each for two rape cases that will run consecutively and not concurrently.

The CBI court also fines the Dera chief Rs 30 lakh for three separate offences including attempt to murder and criminal intimidation.

August 28

Justice Dipak Misra takes the oath of office as the 45th Chief Justice of India.



Justice Dipak Misra

August 29

President Ram Nath Kovind confers National Sports & Adventure Awards 2017 in a ceremony held at Rashtrapati Bhawan.

September 3

Nirmala Sitharaman is named as the new defence minister. She is the second woman to hold the post since former Prime Minister Indira Gandhi.



Nirmala Sitharaman

Current Events Updates July-September 2017

September 4

The Xiamen Declaration is adopted at the 9th BRICS summit held in China. BRICS is an acronym for the association of Brazil, Russia, India, China and South Africa. The Xiamen Declaration, among other points, highlighted the need to establish counter-terrorism coalition and promote people-to-people exchanges among BRICS countries.



September 5

The first phase of the Lucknow Metro line from Transport Nagar to Charbagh is inaugurated in the presence of UP Governor Ram Naik, CM Yogi Adityanath and Home Minister Rajnath Singh.



September 5

Arunachal Pradesh Health and Family Welfare minister Jomde Kena passes away at the age of 52 at a private hospital in Guwahati after prolonged illness.



Jomde Kena

September 5

Senior journalist and activist Gauri Lankesh is shot dead at her house in Rajarajeshwari Nagar in Bengaluru.



Gauri Lankesh

September 10

Navika Sagar Parikrama, considered the first-ever attempt by an all-woman crew to circumnavigate the globe, is flagged off at Goa by Defence Minister, Nirmala Sitharaman. The six-member crew will circumnavigate the globe on India-built sail boat INSV Tarini.



Indian Navy logo

September 10

Halimah Yacob, a former speaker of Parliament becomes Singapore's first female President at the age of 63. She is the first President in five decades to come from the Malay ethnicity.



Halimah Yacob

September 24

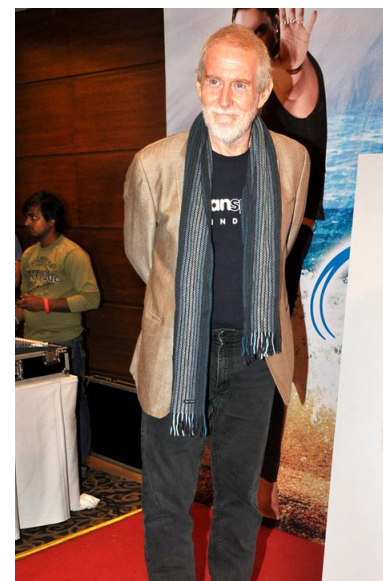
Angela Merkel wins the election to begin her fourth term as Chancellor of Germany.



Angela Merkel

September 29

Tom Alter, veteran film, theatre and television actor, passes away at the age of 67. He was awarded the Padma Shri in 2008.



Tom Alter

September 30

President Ram Nath Kovind appoints Banwari Lal Purohit as Tamil Nadu governor, (Dr.) B.D. Mishra (Retd.) as the Governor of Arunachal Pradesh, Satya Pal Malik as the Governor of Bihar, Jagdish Mukhi as the Governor of Assam and Ganga Prasad as the Governor of Meghalaya.