

Paragraph on Junk Food

Question: Write a Paragraph about 'Junk food' by answering the following questions.

What is junk food?

What does it contain?

How does junk food harm teeth and skin?

Why should we avoid having junk food?

What is home food?

Answer: Junk food is popular for its pungent taste. It has no food value. It is tempting. We cannot restrain ourselves at its sight. Excessive use of chemicals makes it tasty. Junk food contains a lot of fat and sugar. It lacks vitamins and minerals. Chips, burgers, cakes, sweets and fizzy drinks are junk foods. These foods are bad for our health. They make us fat. They damage our teeth and skin. Our kidney is also affected by these foods. These foods are forbidden for those who are suffering from heart disease and diabetes. So, we should stop eating them. We should eat homemade foods only.

Or,

Junk Food

Question: Suppose your younger brother's name is Rahim. He does not know about Junk food. You are told to say something about it. Now write a paragraph about Junk food.

Answer: Junk Food is a food that is quick and easy to prepare and eat but that is thought to be bad for health. It has a pungent taste. It looks very appealing and tastes sweet but it is not good for the body. Junk food usually contains a lot of animal fat or sugar. Foods like chips burgers, crisps, cakes, biscuits are high in animal fats.

Sweets and fizzy drinks like cola and lemonade are high in sugar. It often contains added chemicals which make it taste soothing. Junk food contains animal fat, which may make a man fat. It contains sugar which can damage our teeth and skin. It has less health value. Junk food lacks the vitamins and minerals we need. Although people occasionally eat junk food. The body does best when it is given a healthy balance of nutrients from fresh garden homemade foods.