

# Vidyasagar University



A Project report  
On

“Impact of junk food consumption on teen health”



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Semester-V

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## Certificate of Completion

This is to certify that Mr. /Miss. Sanghamitra Jana  
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Reg. No. VU221291147.....Year 2022-2023  
Department of.....Nutrition.....  
has successfully completed a dissertation / project entitled.....Impact  
.....of Junk Food Consumption on teen health  
for the course.....B.Sc.....subject.....Nutrition  
paper.....CC-12D.....in the year/session.....2024-2025  
He /She has submitted the dissertation / project on 18/03/2025

Prabin Jana

Prabin Jana

Signature of Supervisor / HOD

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# Mugberia Gangadhar Mahavidyalaya

## Dept. of Nutrition

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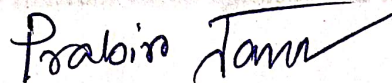
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### TO WHOM IT MAY CONCERN

This is to certify that **Sanghamitra Jana** (Roll:1125129; No.: 220174; Regn. No.: **VU221291147** of Session: 2022-2023) a student of B.Sc.5<sup>th</sup> semester, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '**Impact of junk food consumption on teen health**' the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 13/03/2025



(Mr. Prabir Jana)

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Date: 17/03/2025

  
(Sanghamitra Jana)

## **ABSTRACT**

The consumption of junk food has become increasingly prevalent among teenagers, contributing to a range of negative health outcomes. Junk food, typically high in unhealthy fats, sugars, and sodium, is often favored due to its convenience and taste. This project aims to investigate the impact of junk food consumption on the physical and mental health of adolescents. With rising concerns about childhood obesity, diabetes, and cardiovascular diseases, understanding the link between poor dietary choices and teen health is crucial.

The study will focus on the correlation between regular junk food intake and the prevalence of obesity, insulin resistance, and increased cholesterol levels among teenagers. In addition to physical health, the research will explore how junk food affects mental well-being, including its potential role in exacerbating mood disorders, anxiety, and depression. The research will utilize surveys and interviews to collect data on eating habits, lifestyle choices, and health outcomes in a sample group of teens. Data analysis will be employed to determine patterns and trends that highlight the specific health risks associated with junk food consumption.

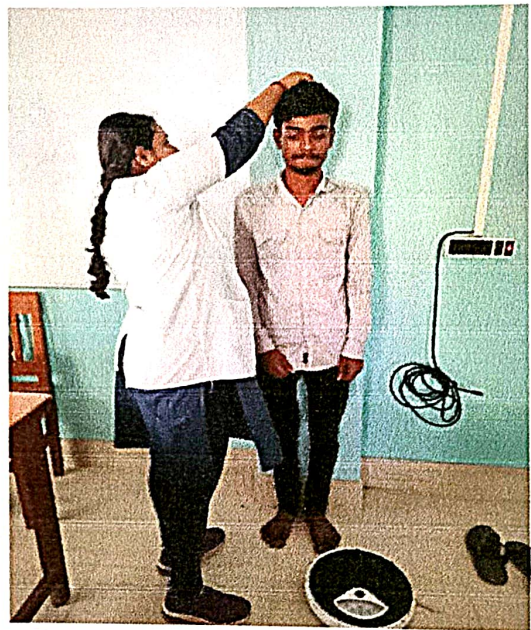
The ultimate goal of this project is to raise awareness about the importance of balanced nutrition and the long-term consequences of poor eating habits. By providing evidence of the negative effects of junk food, the study hopes to encourage healthier food choices and promote interventions to combat the growing public health concern of adolescent obesity and related diseases.

**Keywords:** Junk food, teen health, obesity, cardiovascular health, diabetes, mental well-being, mood disorders, nutrition, eating habits, adolescent health.

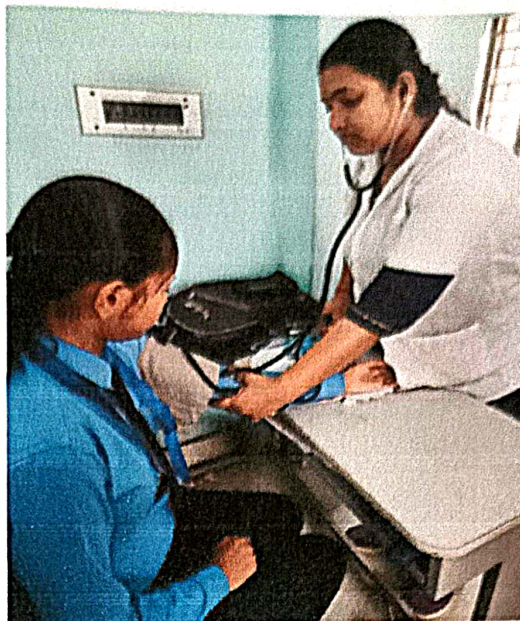
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EXAMINED



**Plate 1: Different activities during survey of teen boys of Bhagwanpur-II Block area**



**Plate 2: Different activities during survey of teen girls of Bhagwanpur-II Block area**