The influence of internet is uniformly shared by all the age group of the society in spite of being young or old. But the school and college students under the age of 20 are more involved in INTERNET.

They have become active users of social networking sites like Orkut, Facebook, and Twitter. Even though these social networking sites have restricted the use by users under the age of 18, there are currently millions of users who overcome this age group restriction and join these sites. The over use of such social networking sites make the younger generation addicted to these sites. As a result, they become less interested in School and College activities and start to lag behind in studies.

They are online 24 hours which indeed cause health problems because they do not get enough sleep. They are also crazy about downloading new films of Hollywood and Bollywood which indeed causes problems for film producers as their income gets reduced. There are countless sites in internet through which we can download movies for free. Other than movies, they also download and view content which are not appropriate for their age which makes them addicted to PORN and other vulnerable stuff. They become addicted to these at such young age, which creates problem for them in future.

As the activities of youth on internet are not monitored, they do not need to fear anything to misuse the contents available on internet. Also they join bad forums and get involved in hacking and stuff like that which makes the mind of the young reader enslaved to such stuff which takes a lot of effort to recover from.

The new generation is enslaved to the world of internet. They destroy their youth by sitting in front of the PC all the time. They do not even trend to go out even for shopping. They do not know the joy of playing outside. In spite of going out and play, they sit at home in front of Pc or gaming consoles such as play station and play violent games which are violent in nature.

It is high time that they started thinking about the problems internet is creating on students and restrict the over use of internet.

**Short Essay on “Junk Foods”**

The term **junk food** itself defines to the foods that do no good to your body and they are completely unimportant to the body. Junk foods have no or very less nutritional value and irrespective of the way they are marketed, they are not healthy to consume.

Most of them are high in saturated fats and sugar components and also excess of salts and lack any fiber. The only reason of their gaining popularity and increased trend of consumption is that they are ready to eat or easy to cook foods.

Also the ease of manufacturing and consumption makes the junk food market spread its influence so rapidly. People, of all age groups are moving towards junk food as it is hassle free and often ready to grab and eat.

Soft drinks, chips, wafers, noodles, pizza, burgers, French fries etc. are few examples from the vast variety of fast food available in the market.

**Let us discuss some ill-effects of consuming fast food:**

1. The characteristic of fast food is to cause a spike in the energy levels and hence luring one back to eat up another makes it even more harmful. This eating pattern is likely to cause aggravated energy levels that fail to come down even at sleep time in the night and result in sleeping disorders.

2. Moodiness is another implication of regular consumption of junk food.

3. Reduced levels of concentration can result from eating junk food.

4. The most common bad effect is obesity which has become very common even amongst children aged as low as 3-5 years and causes many other chronic diseases and hormonal imbalances in the obese person.

5. Heart diseases, increased levels of blood pressure and sugar are more likely to happen if the person is a regular consumer of oily junk foods.

6. Since junk foods are not easy to digest and consume larger amounts of energy from the body in the process, people consuming them experience lack of oxygen levels which gradually causes the brain to function poorly.

7. Not only heart, but liver can be damaged due to excessive cholesterol formed in the body due to junk food habits.

8. More people are diabetic early in life because they eat junk food more often.

9. No fiber in junk food means strain on stomach and digestive system resulting in problem of constipation.

All the points discussed about junk food above lead us to conclude that junk food does all harm to your heath without providing any health benefits. In order to enjoy good health and a happy life, it is important to cut down on junk foods.

Nutrition experts have researched the bad affects of junk food and come to the conclusion that junk food manufacturing companies are fooling the people by showing deceptive ads that market show junk food as healthy. We must substitute junk food with healthier food like fruits and vegetables.

A junk food fanatic has to suffer the ill-effects of eating it in high quantities .So the next time you think of grabbing that burger, hotdog, pizza, samosa, kachoris or even ice creams in a restaurant, eating joint or a party, stop your instincts and look for some healthier food options instead.

## ESSAY ON JUNK FOOD

### JUNK FOOD ESSAY 1 (100 WORDS)

Good health is the necessity of living a healthy life for every one of us which needs to maintain a healthy diet and healthy habits throughout the life. However, the custom of eating junk food in many is increasing day by day and making our future sad and diseased especially our future generations. Parents should be very conscious towards the eating habits of their kids and children because in the childhood they never know and decide their good or bad so it is parents who are fully responsible for the good or bad eating habits among their kids. They should train their kids about eating habits from childhood and make them clear about the differences between healthy and junk foods.