

REWIND RETHINK REFRESH

Reducing Junk Food Consumption Among Students and Teens



MENTORS

←
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TEAM

1. **M Harshitha Grade 9**
2. **E Pranav Grade 7**
3. **Ch Jayanth Grade 8**
4. **D Naga Tara Sri Grade 7**
5. **B Kurma Grade 7**
6. **T Sravya Grade 7**
7. **M Simon Joy Grade 7**
8. **P Bhavana Grade 7**
9. **S Vyshnavi Grade 7**
10. **A Mothika - 7**



Our research finding is that our friends were eating junk food as snacks which was causing health issues



CHALLENGES

1. Lack of Nutritional Literacy

- a. Many people lack basic knowledge about nutrition and how different foods affect their health.

2. Accessibility & Low Cost

- a. Nutritious foods, like fresh produce, can be expensive and inaccessible in certain communities.
- b. Processed and junk foods are often cheaper and more readily available.

3. Cultural and Social Habits

- a. Food habits are deeply ingrained in culture and social norms, making it challenging to promote change.
- b. Fast-paced lifestyles often lead to reliance on convenient, unhealthy food options.

4. Addiction to Junk Food

- a. Highly processed foods can be addictive, making it difficult for individuals to switch to healthier alternatives.

WHY?



1. Negative Impact on Children's Health
2. Higher Risk of Chronic Diseases
3. Nutritional Deficiencies in Teenagers and Young Children

INSIGHTS FROM INTERVIEWS



The **rise** of junk food has become a global issue, affecting individual health, society, and the environment.

RESEARCH SOURCE



Interaction with Mr. Bhanu, TGT,
Senior Biology Teacher at a
Government School



1. **Discussion by Aikyam Team:** Conducted a discussion on junk food and its effects.
2. **Expert Insights:** Gathered information from Mr. Bhanu, TGT, Senior Biology Teacher at a Government School.
3. **Shared Experience:** Mr. Bhanu shared his observations on changing food habits in society.
4. **Teenage Impact:** Highlighted significant shifts in food choices, especially among teenagers.



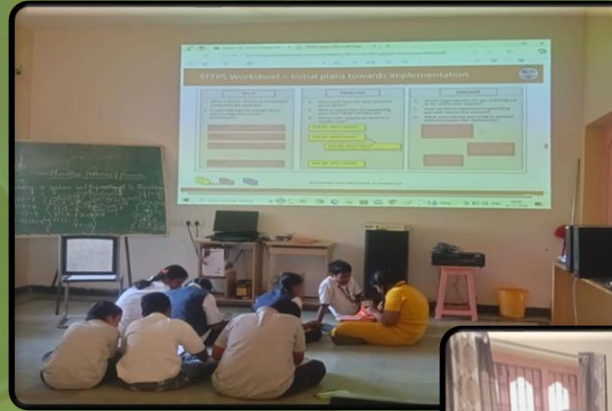
INSPIRATION TO TAKE ACTION



1. **Impact of Processed Foods:** High in added sugars, unhealthy fats, and sodium, leading to poor health outcomes.
2. **Scientific Evidence:** Studies link diets rich in fruits, vegetables, and whole grains to lower risks of chronic diseases like heart disease.

INVESTIGATION PHASES: TEAM IN ACTION

Ideation



Logo Making

Brain Storming



Ideation

Ideation



PLAN FOR LASTING CHANGE



- 1. Preventive Power:** A healthy diet lowers the risk of chronic diseases, motivating awareness efforts.
- 2. Better Quality of Life:** Nutritious food supports physical and mental well-being.
- 3. Healthy Habits:** Encourage whole foods, fruits, and vegetables.
- 4. Reduce Risks:** Limit processed foods, sugary drinks, and excessive salt.

PLAN FOR LASTING CHANGE



1. **Holistic Approach:** Education, support, and positive *messaging foster lifelong healthy habits.*
2. **Parental Role:** Model healthy eating and *create a supportive home environment.*
3. **Teacher's Role:** Educate teens on *nutrition, junk food risks, and smart food choices.*
4. **Practical Skills:** Teach *label reading, portion control, and informed decision-making.*

IMPACT & INFLUENCE



1. **Leading by Example:** Our team stopped eating junk food.
2. **Monitoring:** Regularly check students' food choices during break time.
3. **Gradual Change:** Encourage small, sustainable dietary improvements.



*Observing
Preparation of
Nutrition Snacks
For Senior Grade
Student*



CREATIVE USE OF TECHNOLOGY



1. **Social Media:** Used *Instagram* and *Facebook* to raise awareness.
2. **Communication:** Connected with mentors via *Zoom* and *WhatsApp*.
3. **Collaboration Tools:** Used *Gmail*, *PowerPoint*, and *Google Slides* for project submission



***Logo Submission to Government School,
Brahmanakoduru***



***Interview with Science Teacher
Ms. Priyadarshini***

PHOTOGRAPHS

***Interview with Science Teacher
Ms. Manju***



***Logo Revelation in School
Assembly***



LINKS

1. https://www.instagram.com/reel/DB3VP_jyWIG/?igsh=YWF0ajh6dDhuZXBv
2. <https://drive.google.com/file/d/1i-mlHrw-JGb5rIr0vRtaSRwd1nImONNV/view?usp=sharing%20>
3. https://drive.google.com/file/d/16WHiFoPga_9qYkLP2b7b66H-k6R-tkTL/view?usp=sharing

THANK YOU

TO ALL THOSE WHO HELPED US
IN CREATIING AWARENESS
IMPACT OF JUNK FOOD



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