Abstract

As we see the food pattern from ancient till today's there is tremendous changes are going on and most of the adolescents are prone to get the habitual to get the fast food because of various factor, which was harming the health of an individual. So there is needed to make the awareness among the people. The aim of this descriptive study is to assess the existing the knowledge of adolescents regarding the health hazards of junk food and to make an attempt to develop information booklet regarding the health hazards of junk food. The study was conducted in following phases: (I) Assessment of existing knowledge of adolescents regarding the health hazards of junk food (n=100), (II) To make an attempt to develop information booklet regarding the health hazards of junk food. The total sample for study was 100 from the selected colleges. As a result the knowledge score is 58%. So there is needed to make an awareness regarding health hazards of junk food.

Keywords: knowledge, Adolescents, junk food, knowledge

*Corresponding author: Vaishali Krishna Pawar Department of Community Health Nursing, Aurangabad Nursing College, Aurangabad (MS), India Email: vaishalipawar147@gmail.com