SEVERAL UNHEALTHY FOODS THAT DISTRIBUTE DISEASES, THE POSSIBLE CAUSES FOR FOOD POISONING AND WAYS TO AVOID IT
WHY SHOULD YOU NOT EAT FOOD THAT HAS A LOT OF SUGAR?

q We all aware that sugar isn’t good for our bodies and it is unhealthy.

q Sugar is capable of causing different type of risks when it comes to our health.

q But do we know that mostly of food we eat there’s sugar in it?

q Sugar makes you gain weight and causes illness.

q Eating too much Sugar is very bad and can lead to death.
REASONS WHY WE SHOULD AVOID JUNK FOOD

✓ Junk food or fast food doesn’t benefit our bodies.
✓ It has no nutritional value and only harms us.
✓ Fast food is high in salt and sugar content.
✓ Fast food has many calories and is a major cause of obesity.
CAUSES FOR FOOD POISONING:

- Tainted food by bacteria or a virus such as campylobacter
- salmonella.
- Escherichia coli (E. coli)
- Uncooked meat
- Juices and milk that have not been sterilized.
WAYS TO AVOID JUNK/FAST FOOD

- Eat Regular Meals so You Do Not Get Too hungry.
- Consume Snacks that are Nutritious and Low in Calories.
- Get Plenty of Sleep.
- Drink Water First and Eliminate Sugar Sweetened Beverages.
- Understand Your Stressors.
WAYS TO AVOID FOOD POISONING:

- Wash your hands whenever you’re about to eat.
- Whenever you’re about to cook
- Cook food to a temperature inside that is safe.
- Don’t eat uncooked food
- Make sure you put food in the refrigerator.
- Separate plates of cooked meat and raw meat
FOOD POISONING/JUNK FOOD CASE STUDIES:

Food Poisoning

• https://www.sciencedirect.com/science/article/pii/S2666016422001177
• https://nap.nationalacademies.org/read/4795/chapter/45
• https://www.panna.org/archive/panna-op-food-poisoning-case-study-india/

Junk Food

• https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8459649/