Tia Deb

FIQWS

Butt, Shazia. “Advantages and Disadvantages of Healthy Food Vs Junk Food.” *Mars Translation*, Shazia Butt, 8 Aug. 2016, www.marstranslation.com/blog/advantages-and-disadvantages-of-healthy-food-vs-junk-food.

The author uses data from Italian Nutrition Translation Services to support her message of ways junk food can come off of as convenient yet unhealthy. She addresses both sides of the argument, coming up to the overall agreement according to the Italian Nutrition Translation Services, how junk food serves as a bad purpose because it can slowly deteriorate your health from its dangerous ingredients.

Lakshmeez. “What Are The Effects Of Eating Junk Food For Kids?” *MomJunction*, Lakshmeez, 20 Feb. 2017, www.momjunction.com/articles/effects-eating-junk-food-children\_0015799/#gref.

The author uses data from campaigns, preferably from the one hosted by Michelle Obama, to address the major concern of kids consuming an abundance of junk food. She explains how the substances included in junk food can be hazardous to kids health, beginning with childhood obesity, diabetes, fatigue, kidney disease, and even digestive disorder. These several health disadvantages are why the effects of eating junk food can be a risk for health and cause severe health risks at a young age.