



## International Journal of Home Science

ISSN: 2395-7476  
IJHS 2016; 2(2): 07-16  
© 2016 IJHS  
www.homesciencejournal.com  
Received: 03-03-2016  
Accepted: 04-04-2016

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### A comparative study on the consumption pattern of fast food among adolescent girls and boys of Sultanpur

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#### Abstract

The main objective of this study was to examine that to find the consumption pattern and comparison the intake of fast food among the adolescent girls and boys. In this study 100(%) of boys and girls consume fast food. 84(%) boys eaten fast food daily that compare to 80(%) girls eaten fast food daily. 80(%) boys eaten fast food more than it in a week and 14(%) boys eaten fast food 1 day in a week and 26(%) boys eaten fast food 2 day in a week that compare to 64(%) girls eaten fast food more than it in a week and 16(%) girls eaten fast food 2 day in a week. 80(%) boys like cold drink and minimum majority of 8(%) boys like soft drink and 12(%) like tea/coffee. Whereas 62(%) girls like cold drink and minimum majority of 8(%) girls like soft drink and 28(%) like tea/coffee. 76(%) boys eaten fast food daily and 24(%) boys eaten fast food occasionally. Whereas 72(%) girls eaten fast food daily and 28(%) girls eaten fast food occasionally. 64(%) boys aware about nutritional information and ingredients and 26(%) boys not aware. Whereas 60(%) girls aware about nutritional information and ingredients and 40(%) girls not aware about nutritional information and ingredients. 80(%) boys think that fast food is the main cause of obesity and 20(%) boys were not that compare to 86(%) girls think that fast food is the main cause of obesity and 14(%) girls were not.

**Keywords:** Fast food, restaurants, adolescent, young adult, obesity

#### 1. Introduction

Fast food is the term given to food that is prepared and served very quickly, first popularized in the 1950s in the United States. While any meal with low preparation time can be considered fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. Fast food restaurants are traditionally separated by their ability to serve food via a drive-through. The term "fast food" was recognized in a dictionary by Merriam-Webster in 1951. Fast food denotes food which is prepared and served quickly at outlets called fast food restaurants. Finger food comprises most of the fast food, and can be eaten without cutlery. Fast foods include chips, sandwiches, hamburgers, fried chicken, French fries, chicken nuggets, fish, pizza or ice-cream, although many fast food restaurants offer slower foods like chilly mashed potatoes or salads. Fast food is often highly processed and prepared in an industrial fashion, i.e., with standard ingredients and methodical and standardized cooking and production methods. It is usually rapidly served in cartons or bags or in a plastic wrapping, in a fashion which minimizes cost. The phenomenal growth of the fast food industry continues. Fast food restaurants appeal especially to person less than 35 years. For those who eat a meal or a snack in a fast food restaurant once a week or so, the effect on the nutritive adequacy of the diet is not great. But for workers and teenagers who might eat a meal daily at these places the nutritive contributions must be carefully considered. A typical meal in a fast food restaurant (Ham burger, French-fries, Milk shake) furnish about half of the caloric requirement of a teen age boy, 40 percent or more of his protein allowance, and up to one-third of his thiamin, riboflavin, and niacin allowances. The meal also provides significant amounts of calcium and iron. But if coffee or soft drink is substituted for the milk shake the calcium content of the meal is very low. Most fast food meals are low in fiber, vitamin A and C, folacin and some trace minerals (Robinson & Lawyer, 1990). Many are low in calcium and iron. Gradually fast food restaurants are introducing break-fast items, orange juice, frozen yogurt and salad bars to provide wider choice and more opportunity to meet the nutrient requirements. Fast food is growing component in diet, and the frequency of fast food use has increased dramatically since the early 1970s.

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Fast food is especially popular among adolescents, who on an average visit a fast food outlet twice per week. Many people have raised concerns about the nutritional quality of fast food, not only for children and adolescents but also for adults. Several factors have contributed to this phenomenal increase in the use of fast food, including a greater number of working women, dual-career families, more diverse schedule of family members, an aging population and an increasing number of one and two person households. Fast foods meet the needs of many people because they are quick, reasonably priced and readily available. Also currently these restaurants are responding to the health concerns of their customers by changing some of their practices, such as the continued trend towards the use of vegetable oils instead of animal fats for frying, an increase in the number of low-fat menu items, and more fruits and vegetables available at salad bars. Food industry analysis even predict a future of increasing.

In the past people in the United Arab Emirates used to eat healthy, freshly prepared food with their families in the home. Today however, many people, particularly young people, prefer to eat fast food such as hamburgers, fried chicken, shawarma, or pizza. There are many reasons why this change has occurred, but this essay will also outline the serious effects of this move towards fast food on individuals and society. There are many reasons for the popularity of fast food. One of the main reasons is the change in lifestyle. Many people in the UAE are working long hours, shifts, or extended school days. They don't have time to find ingredients or prepare good food. Women are now starting to work in the Emirates, and this can result in less time being available for preparing family meals. Another cause is the huge number of young, affluent people in the United Arab Emirates. The rapid development of the country has meant that young people, who comprise over 75% of the population, have money to spend. A third reason is advertising. The UAE is a modern, free-market country, with all forms of media such as the Internet and satellite television, and people like to try new products and different kinds of fast food.

Fast food refers to food that can be served ready to eat. The terms fast food and junk food are often used interchangeably. Most of the junk foods are fast foods as they are prepared and served fast, but not all fast foods are junk foods, especially when they are prepared with nutritious contents. Fast food culture is an emerging trend among the younger generation. The ready availability, taste, low cost, marketing strategies and peer pressure make them popular with children and adolescents. Fast food restaurants are primed to maximize the speed, efficiency and conformity. The menu is kept limited and standardized essentially to minimize the waiting time so that the customers eat quickly and leave. This perspective delineates the emerging fast food culture in India, its impact on children and strategies to counter it.

Fast food chains are gaining popularity with nuclear families as working parents have less time for meal preparation at home. The vast majority of working parents with school going children are labored with exhausting commutes, other household chores and stress. While their children spend most of their time away from home by attending tuition classes after their school hours or engaged in recreational activity. For children skipping breakfast at home, fast food comes handy in school. A positive correlation of increased fast food consumption, skipped breakfasts and increased body mass index was found among adolescents. Socio economic status is an important factor related to fast food consumption among children. In a study conducted in Hyderabad, children from

high socio-economic status preferred fast foods to traditional foods despite their better nutritional knowledge. Proximity of fast food joints to households could also predispose to increased consumption.

Consumption of diet high in sugar, saturated fat, salt and calorie content in children can lead to early development of obesity, hypertension, dyslipidemia and impaired glucose tolerance. The concerns with fast food consumption in developing countries also include poor hygiene during preparation storage and handling leading to microbiological contamination. Fast foods have high level of fat and sugars that are not only unhealthy but addictive and that creates a vicious cycle making it hard for children to choose healthy food. High content of trans fat in commercially available fast foods predispose children to risk of future heart diseases. Energy density of fast food is more than twice the recommended daily allowance for children. Fast food intake leads to higher proportion of calories being derived from total and saturated fat. Moreover, the micronutrient content (carotene, vitamin A, vitamin C) of the fast food is also low. Low levels of calcium and magnesium in the diet can contribute to osteoporosis. Diets rich in free sugars can lead to increased risk of dental caries. Junk foods often contain colors that are inedible, carcinogenic and harmful to the body. Food coloring may result in hyperactivity and lapses of concentration in children. Poor nutritional habits can undermine these pre-requisites of learning, as well as decrease the strength that children need for making friends, interacting with family, participating in sports and games or simply feeling good about themselves. Fast food consumption and globalization of diet has lead to loss of traditional healthy food practices. One of the consequences of ready availability of cheap food outside the home is devaluation of cooking skills.

## 2. Objective

- To study about the consumption pattern of the fast food.
- To comparison the intake of fast food among the adolescent girls and boys.

## 3. Materials and Methods

The study entitled "A Comparative Study on Consumption Pattern of Fast Food in Adolescent Girls and Boys" was conducted by using the following methodology described in this chapter. The detail of material used, procedure followed and techniques adopted during the course of the present investigation have been elaborated in this chapter.

## 4. Research Design

Simple random sampling was taken for sampling. Primary and secondary data would be collected through interview schedule questionnaire.

**4.1 Selection of area:** Sultanpur city of Uttar Pradesh selected for the study.

**4.2 Selection of Sample Size:** Total 100 respondent was selected for the study.

**4.3 Method of study:** A statistical figures in dispensable for scientific work in this study was primarily based on the data collection and well developed scheduled to make each interview as comprehensive as possible. The open ended questionnaire in which rigid ticking of respondent every opportunity to speak in a natural and uninhibited way.

**4.4 Analysis of data:** The data will be analyzed using talk mark method the finding have been presented form of labels tabulation of data will be make comparison of each attribute in the different attributes study each group in the table express in term of frequency & percentage. The selected samples would be interviewed personally.

**4.5 Statistical analysis-**

$$(\%) = \frac{N}{\text{Total number of patient}} \times 100$$

(%) = Percentage  
 N = Number of frequency  
 T.N. = Total number of patients

**5. Result and Discussion**

The empirical result and discussion have been presented in this chapter for the purpose of the convenience. The collected data were categorized, analyzed, tabulated and interpreted as per the objective of the study.

**Table 1:** Distribution of respondent on the basis of their age group.

Age	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
14	5	10	10	20
15	6	12	7	14
16	9	18	10	20
17	20	40	10	20
18	10	20	13	26

Table 1. shows that respondent majority of 40 (%) boys were belonged to 17 year old age and minimum majority of 10(%) boys were belonged to 14 year old age, 20(%) boys were belonged to 18 year old age, 18(%) boys were belonged to 16 year old age and 12(%) boys were belonged to 15 year old age. Whereas 26 (%) respondent majorities of the girls were belonged to 18 year old age and minimum majority of 14(%) girls were belonged to 15 year old age and 20(%) girls were belonged to 14, 16, and 17 year old ages.

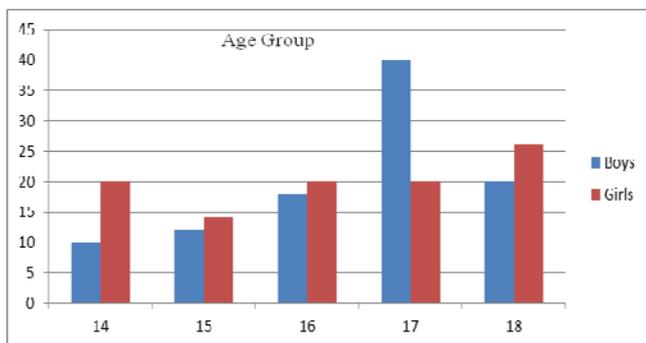


Table 1. Distribution of respondent on the basis of their age group.

**Table 2:** Distribution of respondent on the basis of their gender.

Gender	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Male	50	100	-	-
Female	-	-	50	100

Table 2. Shows that respondent of the boys 100 (%) and 100 (%) number of respondent girls.

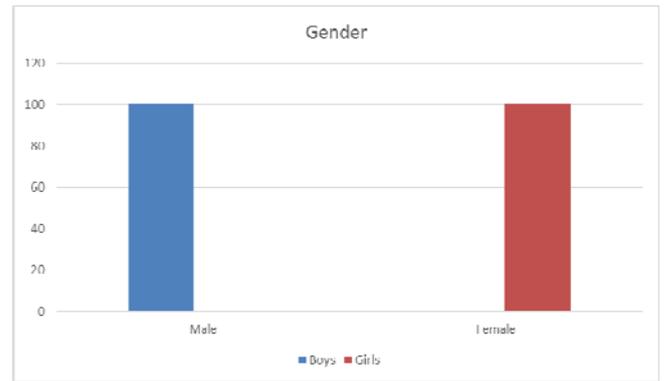


Table 2. Distribution of respondent on the basis of their gender.

**Table 3:** Distribution of respondent on the basis of their family size.

Family size	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Joint	24	48	24	48
Nuclear	26	52	26	52

Table 3. Shows that respondent majority of 52(%) boys were belonged to nuclear family and minimum majority of 48(%) boys were belonged to joint family. Whereas 52(%) respondent majority of girls were belonged to nuclear family and minimum majority of education 48(%) girls were belonged to joint family.

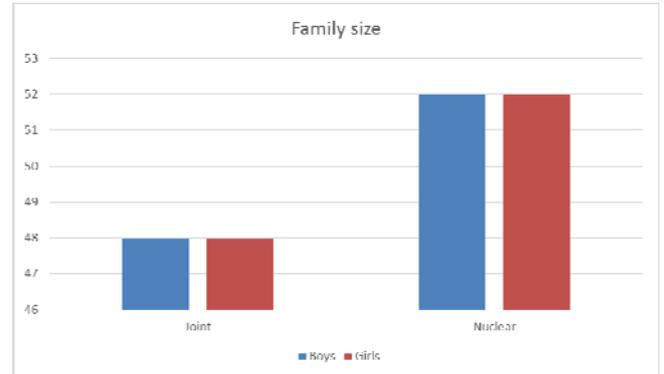


Table 3. Distribution of respondent on the basis of their family size.

**Table 4:** Distribution of respondent on the basis of their education.

Education	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
High school	16	32	12	24
Intermediate	23	46	24	48
Primary	-	-	-	-
Secondary	11	22	14	28

Table 4. Shows that respondent majority of the education 46(%) boys belonged to intermediate, minimum majority of the education 22(%) boys belonged to secondary and 32(%) belonged to high school. Whereas 48(%) respondent majority of the education in girls belonged to intermediate, minimum majority of education 24(%) girls belonged to high school and 28(%) belonged to secondary.

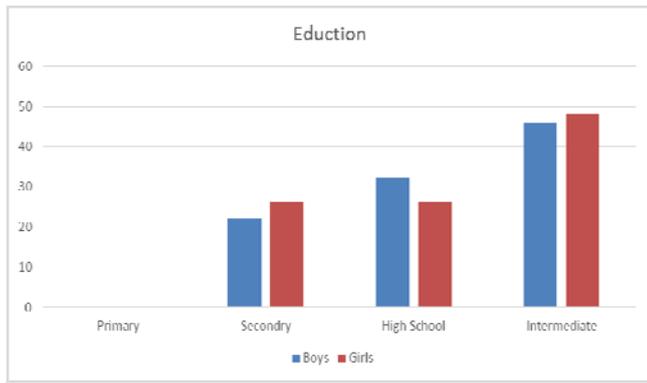


Table 4. Distribution of respondent on the basis of their education.

Table 5: Distribution of respondent on the basis of their family income.

Income	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Below 10,000	4	8	13	26
10,000 to 20,000	12	24	14	28
Above 20,000	34	68	23	46

Table 5. Shows that respondent majority of the income group 68(%) boys were belonged to above 20,000 minimum majority of the income group 8 (%) boys were belonged to below 10,000 and 24(%) belonged to 10,000 to 20,000. Whereas 46(%) respondent majority of the income group in girls were belonged to above 20,000, minimum majority of education 26(%) girls were belonged to below 10,000 and 28(%) belonged to 10,000 to 20,000.

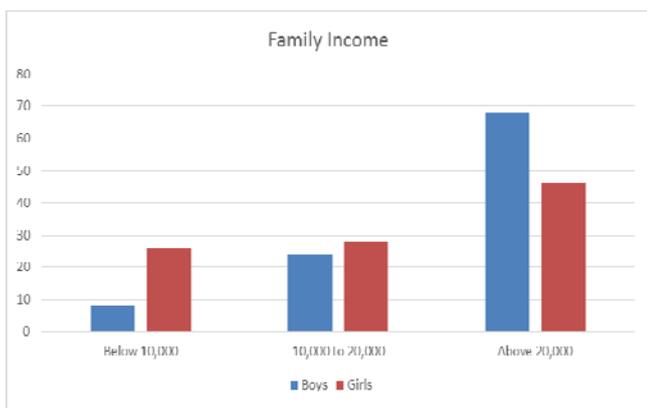


Table 5. Distribution of respondent on the basis of their family income.

Table 6: Distribution of respondent on the basis of their religion.

Religion	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Hindu	28	56	30	60
Muslim	22	44	20	40
Other	-	-	-	-

Table 6. Shows that respondent majority of the religion 56(%) boys were Hindu and minimum majority of the religion 44 (%) boys were Muslim. Whereas 60(%) respondent majority of the religion in girls were Hindu and minimum majority of religion 40 (%) girls were Muslim.

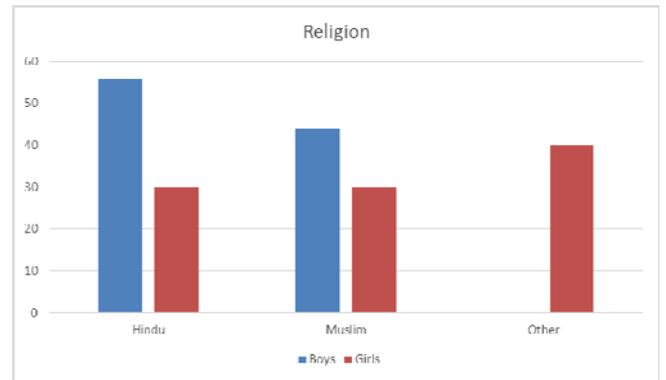


Table 6: Distribution of respondent on the basis of their religion.

Table 7: Distribution of respondent on the basis of their food habit.

Food habits	Boys		Girls	
	Frequency N= 100	Percentage (%)	Frequency N= 100	Percentage (%)
Vegetarian	16	32	28	56
Non-vegetarian	34	68	22	44

Table 7. Shows that respondent majority of the food habit 68 (%) boys were non- vegetarian and minimum majority of the food habit 32(%) boys were vegetarian. Whereas 56(%) respondent majority of the food habit girls were vegetarian and minimum majority of food 44(%) girls were non-vegetarian.

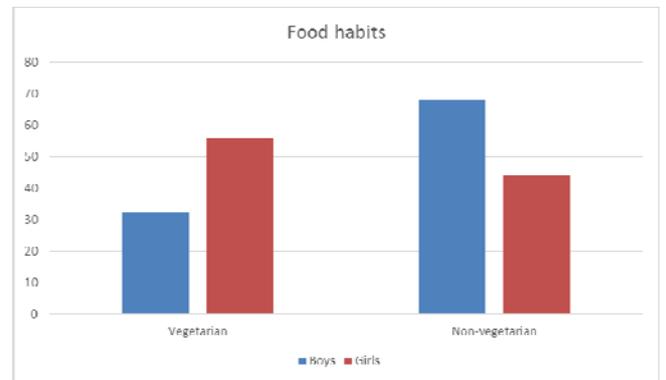


Table 7. Distribution of respondent on the basis of their food habit.

Table 8: Distribution of respondent on the basis of their location.

Location	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Rural	22	44	19	28
Urban	28	58	21	42

Table 8. Shows that respondent majority of the location 58 (%) boys belonged to urban and minimum majority of the location 44(%) boys belonged to rural. Whereas 42(%) respondent majority of the location in girls belonged to urban and minimum majority of location 28 (%) girls belonged to rural.



Table 8. Distribution of respondent on the basis of their location.

Table 9: Distribution of respondent on the basis of eating fast food.

Eat fast food	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	50	100	50	100
No	00	00	00	00

Table 9. Shows that almost 100(%) of respondent eat fast food.

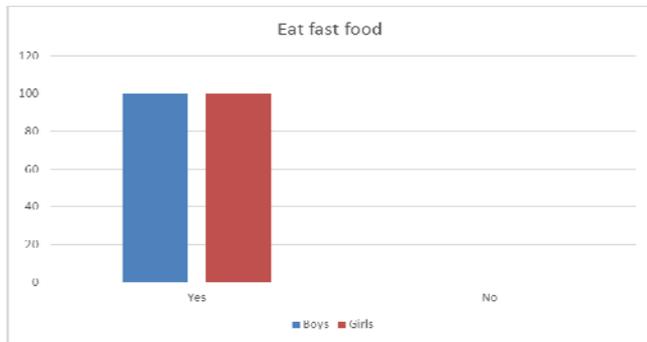


Table 9. Distribution of respondent on the basis of eating fast food.

Table 10: Distribution of respondent on the basis of type of fast food eaten.

Types of fast food eaten	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Vegetarian	43	86	48	96
Non-vegetarian	7	14	2	4

Table 10. Shows that respondent majority of 86 (%) boys were eat mostly vegetarian fast food and minimum majority of 14(%) boys were eat mostly non-vegetarian fast food. Whereas 96 (%) respondent majorities of the girls were eat vegetarian fast food and minimum majority of 4(%) girls were eat non-vegetarian fast food.

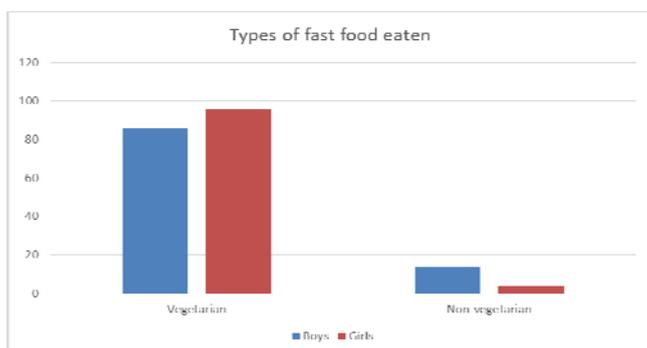


Table 10. Distribution of respondent on the basis of type of fast food eaten.

Table 11: Distribution of respondent on the basis of type of fast food eaten daily.

Fast food eaten daily	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	42	84	40	80
No	8	16	10	20

Table 11. Shows that respondent majority of 84 (%) boys eaten fast food daily and minimum majority of 16(%) boys eaten fast food daily. Whereas 96(%) respondent majority of 80(%) girls eaten fast food daily and minimum majority of 20(%) girls eaten fast food daily.



Table 11. Distribution of respondent on the basis of type of fast food eaten daily.

Table 12: Distribution of respondent on the basis of eating fast food in a week.

Weekly eat fast food	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
1 day	7	14	10	20
2 day	13	26	8	16
More than it	40	80	32	64

Table 12. Shows that respondent majority of 80 (%) boys eaten fast food more than it in a week and minimum majority of 14(%) boys eaten fast food 1 day in a week and 26(%) boys eaten fast food 2 day in a week. Whereas respondent majority of 64(%) girls eaten fast food more than it in a week and minimum majority of 16(%) girls eaten fast food 2 day in a week and 20(%) girls eaten fast food 1 day in a week.

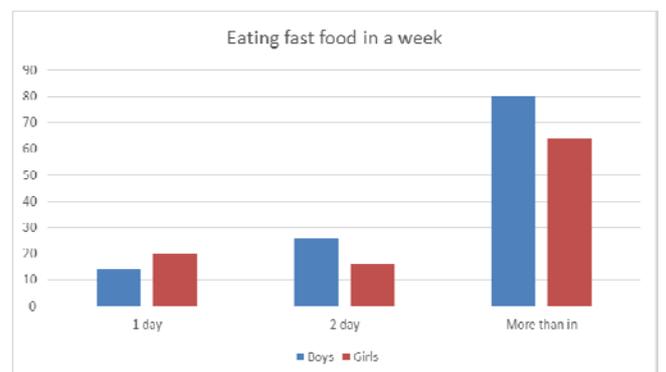


Table 12. Distribution of respondent on the basis of eating fast food in a week.

**Table 13:** Distribution of respondent on the basis of type of fast food liking.

Type of fast food	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Heavy	21	42	5	10
Light	29	58	45	90

Table 13. Shows that respondent majority of 58 (%) boys eaten light fast food and minimum majority of 42(%) boys eaten heavy fast food. Whereas respondent majority of 90(%) girls eaten light fast food and minimum majority of 10(%) girls eaten heavy fast food.

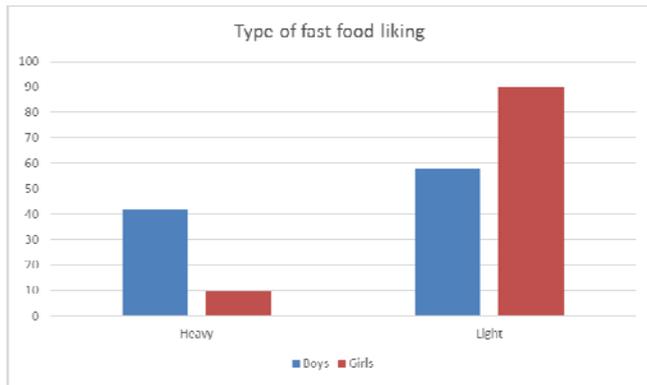


Table 13. Distribution of respondent on the basis of which type of fast food liking.

**Table 14:** Distribution of respondent on the basis of eaten fast food habit or occasionally.

Eaten fast food habit or occasionally	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Daily	38	76	36	72
Occasionally	12	24	14	28

Table 14. Shows that respondent majority of 76 (%) boys eaten fast food daily and minimum majority of 24(%) boys eaten fast food occasionally. Whereas respondent majority of 72(%) girls eaten fast food daily and minimum majority of 28(%) girls eaten fast food occasionally.



Table 14. Distribution of respondent on the basis of eaten fast food habit or occasionally.

**Table 15:** Distribution of respondent on the basis of usually eat.

Usually eat	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Burger	15	30	8	16
Pizza	5	10	2	4
Other	30	60	40	80

Table 15. Shows that respondent majority of 60 (%) boys usually eaten other fast food, minimum majority of 30(%) boys eaten burger and 10(%) eaten pizza. Whereas respondent majority of 80(%) girls eaten other fast food, minimum majority of 16 (%) girls eaten burger and 4(%) eaten pizza.

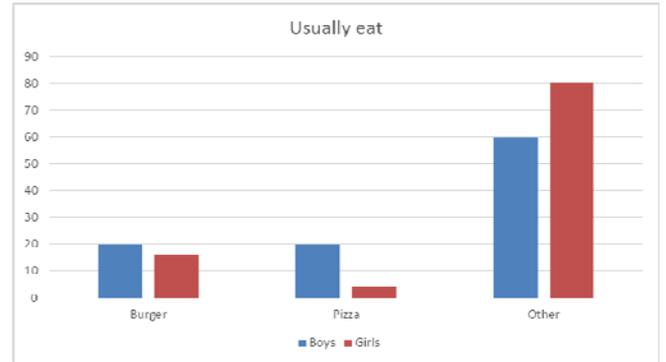


Table 15. Distribution of respondent on the basis of usually eat.

**Table 16:** Distribution of respondent on the basis of types of fast food eaten daily.

Eaten daily	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Samosa	24	48	8	16
Golgappe	3	6	14	28
Other	23	46	28	56

Table 16. Shows that respondent majority of 48 (%) boys like eaten samosa, minimum majority of 46(%) boys like eaten other fast food and 6(%) eaten Golgappe. Whereas respondent majority of 56(%) girls eaten other fast food, minimum majority of 16(%) girls eaten samosa and 28(%) eaten Golgappe.

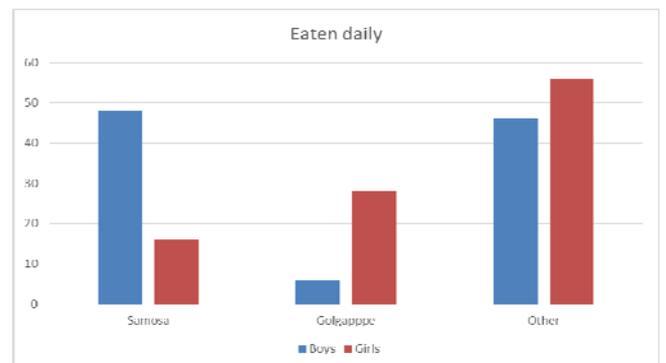


Table 16. Distribution of respondent on the basis of types of fast food eaten daily.

**Table 17:** Distribution of respondent on the basis of beverages like with fast food.

Beverages with fast food	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Cold drink	40	80	31	62
Soft drink	4	8	4	8
Tea/coffee	6	12	14	28

Table 4.17 shows that respondent majority of 80 (%) boys like cold drink and minimum majority of 8(%) boys like soft drink and 12(%) like tea/coffee. Whereas respondent majority of 62(%) girls like cold drink and minimum majority of 8(%) girls like soft drink and 28(%)like tea/coffee.

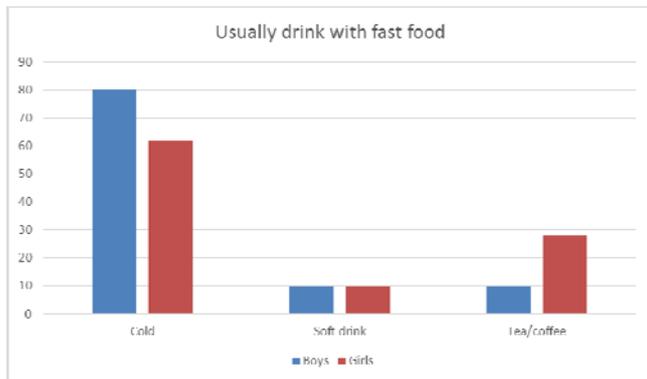


Table 17. Distribution of respondent on the basis of beverages like with fast food.

**Table 18:** Distribution of respondent on the basis of typically eaten fast food.

Typically eat fast food	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Break fast	-	-	-	-
Lunch	-	-	-	-
Other time	50	100	50	100

Table 18. Shows that respondent majority of 100 (%) boys eaten fast food other time and 100 (%) number of respondent girls eaten fast food other time.

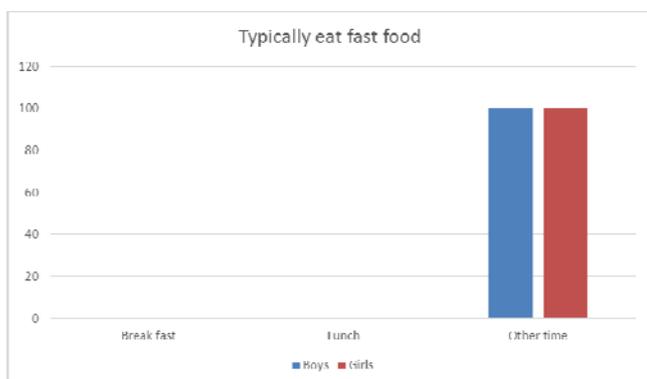


Table 18. Distribution of respondent on the basis of typically eaten fast food.

**Table 19:** Distribution of respondent on the basis of reason of choosing fast food.

Reason of Choosing fast food	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Delicious or tasty	50	100	50	100
Easy to cook	-	-	-	-

Table 19. Shows that respondent majority of 100 (%) boys eaten fast food because it's delicious or tasty and 100 (%) number of respondent girls eaten fast food because it's delicious or tasty.

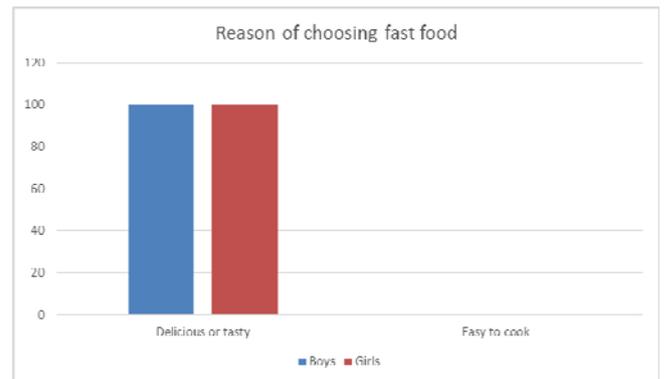


Table 19: Distribution of respondent on the basis of reason of choosing fast food.

**Table 20:** Distribution of respondent on the basis of place of eating fast food.

Place of eating fast food	Boys		Girls	
	Frequency N= 100	Percentage (%)	Frequency N= 100	Percentage (%)
At home	-	-	-	-
At restaurant	50	100	50	100

Table 20. Shows that respondent majority of 100 (%) boys eaten fast food at restaurant and 100 (%) number of respondent girls eaten fast food at restaurant.

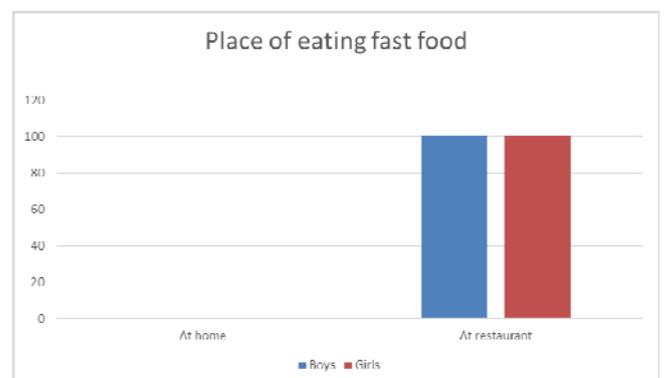


Table 4.20: Distribution of respondent on the basis of place of eating fast food.

**Table 21:** Distribution of respondent on the basis of canned food consumption.

Canned food consumption	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	31	62	18	36
No	19	28	32	64

Table 21. Shows that respondent majority of 62 (%) boys consume canned food and minimum majority of 28(%) boys not consume canned food. Whereas respondent majority of 64(%) girls not consume canned food and minimum majority of 36(%) girls consume canned food.

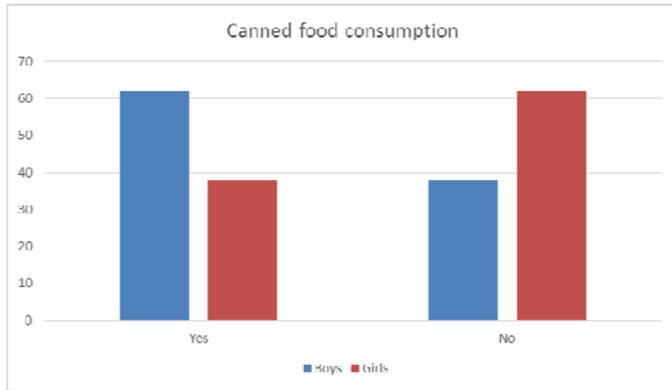


Table 21. Distribution of respondent on the basis of canned food consumption.

**Table 22:** Distribution of respondent on the basis of feel satisfied.

Feel satisfied	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	50	100	50	100
No	-	-	-	-

Table 4.22 shows that respondent majority of 100 (%) boys feel satisfied and 100 (%) numbers of respondent girls feel satisfied.

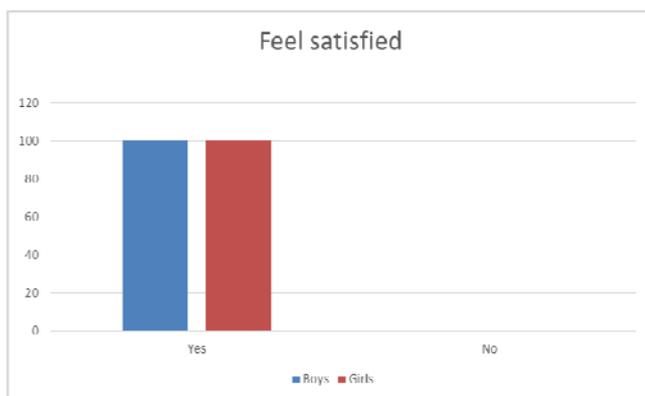


Table 22: Distribution of respondent on the basis of feel satisfied.

**Table 23:** Distribution of respondent on the basis of eaten chocolates, biscuits and chips.

Chocolates, biscuits, chips	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	45	90	46	92
No	5	10	4	8

Table 23. Shows that respondent majority of 90 (%) boys eaten chocolates, biscuits, chips and minimum majority of 10(%) boys not eaten. Whereas respondent majority of 92(%) girls eaten chocolates, biscuits, chips and minimum majority of 8(%) girls not eaten.

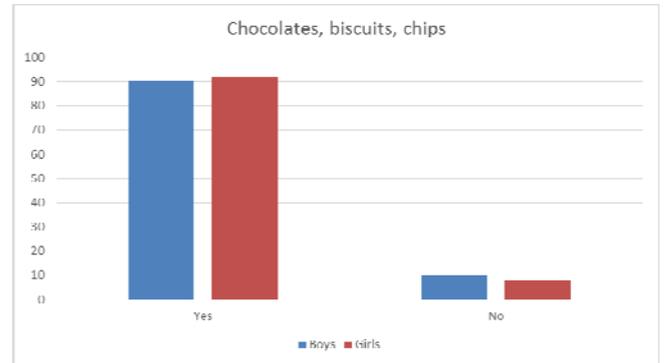


Table 23. Distribution of respondent on the basis of eaten chocolates, biscuits and chips.

**Table 23.1:** Distribution of respondent on the basis of eaten chocolates, biscuits and chips if yes.

If yes	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Daily	39	78	37	74
Some times	11	22	13	26

Table 23.1 shows that respondent majority of 78 (%) boys eaten daily chocolates, biscuits, chips and minimum majority of 22(%) boys eaten sometimes. Whereas respondent majority of 74(%) girls eaten daily chocolates, biscuits, chips and minimum majority of 26(%) girls eaten sometimes.

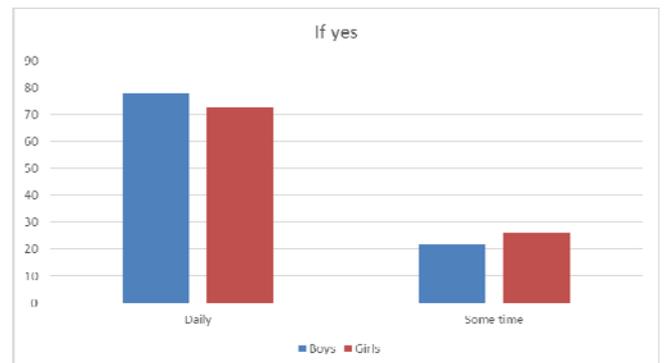


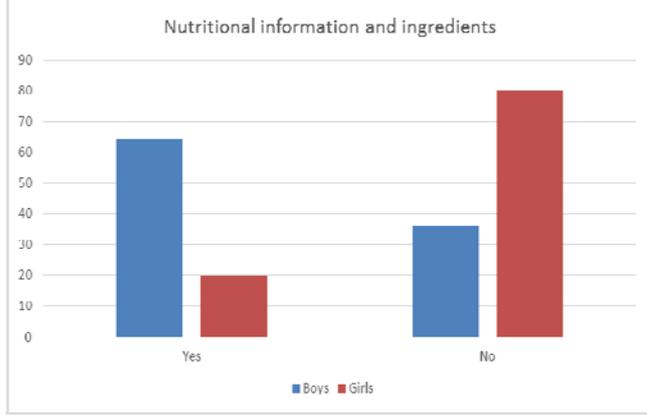
Table 23.1. Distribution of respondent on the basis of eaten chocolates, biscuits and chips if yes.

**Table 24:** Distribution of respondent on the basis of aware about nutritional information and ingredients.

Nutritional information and ingredients	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	32	64	30	60
No	18	26	20	40

Table 24. Shows that respondent majority of 64 (%) boys aware about nutritional information and ingredients and minimum majority of 26(%) boys not aware. Whereas respondent majority of 60 (%) girls aware about nutritional information and ingredients and minimum majority of 40(%)

girls not aware about nutritional information and ingredients.

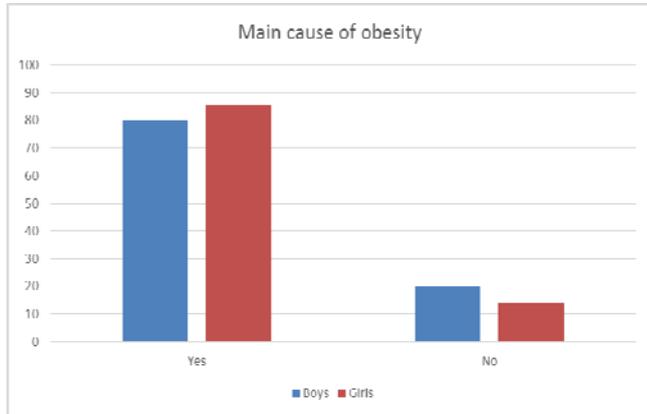


**Table 24:** Distribution of respondent on the basis of aware about nutritional information and ingredients.

**Table 25:** Distribution of respondent on the basis of causes of obesity.

Cause of obesity	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Yes	40	80	43	86
No	10	20	7	14

Table 4.25 shows that respondent majority of 80 (%) boys think that fast food is the main cause of obesity and minimum majority of 20(%) boys are not. Whereas respondent majority of 86 (%) girls think that fast food is the main cause of obesity and minimum majority of 14(%) girls are not.

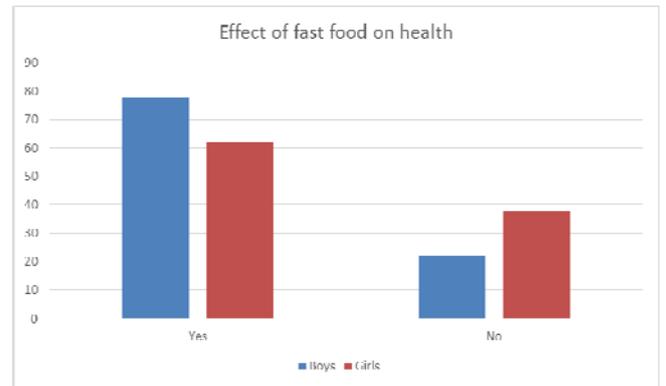


**Table 25:** Distribution of respondent on the basis of causes of obesity.

**Table 26:** Distribution of respondent on the basis of effect of fast food on health.

Effect of fast food on health	Boys		Girls	
	Frequency N= 50	Percent age (%)	Frequency N= 50	Percent age (%)
Yes	39	78	31	62
No	11	22	19	38

Table 26. Shows that respondent majority of 78 (%) boys know that the effect of fast food on health and minimum majority of 22(%) boys don't know. Whereas respondent majority of 62 (%) know that the effect of fast food on health and minimum majority of 38(%) girls don't know.

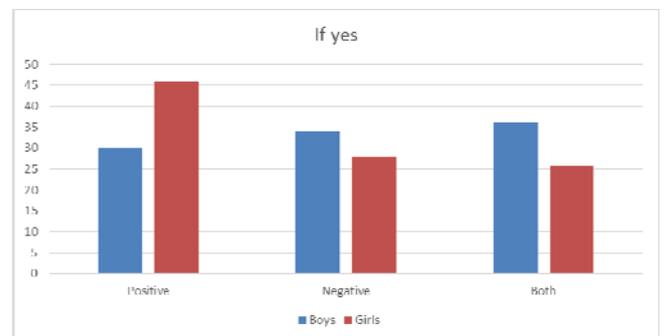


**Table 26.** Distribution of respondent on the basis of effect of fast food on health.

**Table 26.1:** Distribution of respondent on the basis of effect of fast food on health if yes.

If yes	Boys		Girls	
	Frequency N= 50	Percentage (%)	Frequency N= 50	Percentage (%)
Positive	2	4	14	28
Negative	16	32	23	46
Both	18	36	13	26

Table 26.1 shows that respondent majority of 36 (%) boys know that the effect of fast food on health both and minimum majority of 4(%) boys know that the effect of fast food on health positive and 32(%) boys know that negative. Whereas respondent majority of 46 (%) know that the effect of fast food on health negative and minimum majority of 26(%) girls know that the effect of fast food on health both and 28(%) girls know that positive.



**Table 26.1** Distribution of respondent on the basis of effect of fast food on health if yes.

**6. Conclusion**

Based on the analysis of findings of the study, A Comparative study on the consumption pattern of fast food among adolescent girls and boys of Sultanpur city. In conclusion this study has shown that consumption pattern of fast foods among adolescent girls and boys. Comparative to girls, boys eaten more fast food. It is a major source of energy, dietary fat and animal protein though it was shown to be a poor source of micronutrients. Eat healthy and live healthy. is one of the essential requirements for long life. Today's world has been adapted to a system of consumption of foods which has several adverse effects on health. Lifestyle changes has compelled us so much that one has so little time to really think what we are eating is right. Fast food is the worst enemy of human health these days! It is of great importance to note that most health problems of this century worldwide are being

caused by the bad nutrition. It is a fact that fast food is killing people slowly and most people are not even aware of the effects is having on their health.

## 7. Reference

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