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FACTORS AFFECTING THE CONSUMPTION OF JUNK
FOODS AMONG THE GRADE 6 STUDENTS IN BUCAL II
ELEMENTARY SCHOOL IN MARAGONDON, CAVITE

SPECIAL PROBLEM

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April 2007

**THE FACTORS AFFECTING THE CONSUMPTION OF JUNK
FOODS AMONG THE GRADE 6 STUDENTS IN BUCAL II
ELEMENTARY SCHOOL IN MARAGONDON, CAVITE**

**A Special Problem Presented to the
Faculty of the College of Nursing
Cavite State University
Indang, Cavite**

**In Partial Fulfillment
Of the Requirements for the degree of
Bachelor of Science in Nursing**

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DANICA P. LAMBATIN
April 2007**

ABSTRACT

ARLYN B. ANGLO, DANICA P. LAMBATIN, The Factors Affecting Consumption of Junk Foods Among Grade 6 Students in Bucal II Elementary School. Special problem, Bachelor of Science in Nursing , Cavite State University, Indang, Cavite. April 2007, advisers Mrs. Vina V. Velasco, RN. and Mrs. Josefina R. Rint, PhD.

This study was conducted to identify the factors associated with junk food consumption and to quantify how much junk food are consumed by the selected children in a day.

This study was focused on 40 Grade 6 students, which consist of 20 females and 20 males and were 11-12 years old.

The research instrument used was a self-made questionnaire and the selected students were allowed to answer the entire list of questions without under time pressure. The questionnaire included items composed of seven questions to determine why the respondents consume junk foods. Records from the school clinic were also used as a source of health information of the respondents.

The result of the study shows that the highest reason of junk food consumption was because it tastes good followed by because its cheap, the house of the respondents were near the store, junk food looks delicious and last was because it can relieve hunger. Most of the respondents consume junk food once a day. Other factors that contribute to junk food consumption were the type of junk food and the time of the day. The given factors do not affect the health condition of the Grade 6 students in Bucal II Elementary School.

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THE FACTORS AFFECTING CONSUMPTION OF JUNK FOOD AMONG GRADE 6 STUDENTS IN BUCAL II ELEMENTARY SCHOOL IN MARAGONDON, CAVITE ^{1/}

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^{1/}A special problem presented to the faculty of the Department of Biological Science, College of Nursing in partial fulfillment of the requirements in Bachelor in Science in nursing under the supervision of Josefina R. Rint, PhD. and Vina V. Velasco, R.N. with contribution No. _____

INTRODUCTION

Majority of Filipinos, especially children, are crazy about junk food. "Junk food" is a term used for foods that taste good, high in calories and quick to prepare but with little nutritional value. While most people have their own list of foods that they would consider junk foods, it generally, refers to foods that are high in sugar, fat, particularly saturated, and high in salt.

Johan H. Koeslag, (1990) said that junk food is recognized exclusively as food items that children, especially adolescence, find appetizing. The alternative definition often tendered is that junk or "non nutritious" food is any consumable which cannot, support health and adversely affect the child's academic performance.

Eating an abundance of junk food seems normal among today's generation. It is also one of the main contributing factors in the development of cancer. Another effect of junk food diet is a quick weight gain that later results in obesity (Nutritional Health &