

**Fatima Bi
Puspanjali Samantaray**

Fast Food Consumption in Adolescence

**The Role of
Nutritional
Counselling**

 **DeepScience**

Fast Food Consumption in Adolescence: The Role of Nutritional Counselling

Fatima Bi

Home Science Women's College Jharsuguda

Puspanjali Samantaray

Home Science Berhampur University, Odisha



DeepScience

Published, marketed, and distributed by:

Deep Science Publishing, 2026
USA | UK | India | Turkey
Reg. No. MH-33-0658412
www.deepscienceresearch.com
editor@deepscienceresearch.com
WhatsApp: +91 7977171947

ISBN: 978-93-7185-579-2

E-ISBN: 978-93-7185-405-4

<https://doi.org/10.70593/978-93-7185-405-4>

Copyright © Fatima Bi, Puspanjali Samantaray, 2026.

Citation: Bi, F., & Samantaray, P. (2026). *Fast Food Consumption in Adolescence: The Role of Nutritional Counselling*. Deep Science Publishing. <https://doi.org/10.70593/978-93-7185-405-4>

This book is published online under a fully open access program and is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC 4.0). This open access license allows third parties to copy and redistribute the material in any medium or format, provided that proper attribution is given to the author(s) and the published source. The publishers, authors, and editors are not responsible for errors or omissions, or for any consequences arising from the application of the information presented in this book, and make no warranty, express or implied, regarding the content of this publication. Although the publisher, authors, and editors have made every effort to ensure that the content is not misleading or false, they do not represent or warrant that the information-particularly regarding verification by third parties-has been verified. The publisher is neutral with regard to jurisdictional claims in published maps and institutional affiliations. The authors and publishers have made every effort to contact all copyright holders of the material reproduced in this publication and apologize to anyone we may have been unable to reach. If any copyright material has not been acknowledged, please write to us so we can correct it in a future reprint.

BIBLIOGRAPHY

- Abbas, S., Naz, M., Gillani, S. M. A., Afzal, S., Jabeen, N., & Manzoor, A. (2022). Analyze the Effects of Fast Food on the Health of College Going Students. *Pakistan Journal of Medical & Health Sciences*, 16(02), 1053-1053.
- Abraham, S., Martinez, M., Salas, G., & Smith, J. (2018). College student's perception of risk factors related to fast food consumption and their eating habits. *Journal of Nutrition and Human Health*, 2(1).
- Akabanda, F., Hlortsi, E. H., & Owusu-Kwarteng, J. (2017). Food safety knowledge, attitudes and practices of institutional food-handlers in Ghana. *BMC public health*, 17, 1-9.
- Al-Mamun, A., Debnath, P., Siddika, F., & Islam, M. J. (2019). Knowledge of food habit and other daily habit are the determinants of health status: A study among the students of Chattogram regions. *Asian Journal of Health Sciences*, 5(2), 10-10.
- Altekruse, S. F., Street, D. A., Fein, S. B., & Levy, A. S. (1996). Consumer knowledge of food borne microbial hazards and food-handling practices. *Journal of food protection*, 59(3), 287-294.
- Anilkumar, B. (2017). A Comparative Study of Prevalence and Risk Factors of Overweight and Obesity Among Male and Female MBBS Students in KVG Medical College and Hospital, Sullia, DK, Karnataka (Doctoral dissertation, Rajiv Gandhi University of Health Sciences (India)).
- Arya, G., & Mishra, S. (2013). Effect of junk food & beverages on Adolescent's health. *IOSR Journal of nursing and health science*, 1, 26-32.

- Ashkanani, F., Husain, W., & A Al Dwairji, M. (2021). Assessment of food safety and food handling practice knowledge among college of basic education students, Kuwait. *Journal of Food Quality*, 2021, 1-10.
- Ayushree, B. A., & Tarai, A. (2021). Junk food intake among teenagers in Odisha, and its impact in health. *Int. J. Agro Nutrifood Pract.(IJANP)*, 1, 19-23.
- Azanaw, J., Engdaw, G. T., Dejene, H., Bogale, S., & Degu, S. (2022). Food hygiene knowledge, and practices and their associated factors of street food vendors in Gondar city, Northwest Ethiopia, 2021: A cross-sectional study. *Heliyon*, 8(11).
- Azhar.Mohd (2022). A pre experimental study to assess the effectiveness of planned teaching programme regarding effects of junk foods on health among adolescents of selected senior secondary school of Jandiala guru, Amritsar (punjab).(*IJCRT*),4,1-8
- Barić, I. C., Kaifež, R., & Cvijetić, S. (2000). Dietary habits and nutritional status of adolescents. *Food technology and biotechnology*, 38(3), 217-224.
- Baruah, C., Bhattacharyya, R., Das, P., & Dutta, P. (2022). Street food vending: A case study from Assam, India. *Age (years)*, 15(25), 3.
- Bibiloni, M. D. M., Pich, J., Pons, A., & Tur, J. A. (2013). Body image and eating patterns among adolescents. *BMC public health*, 13, 1-10.
- Bica, I., Cunha, M., Reis, M., Costa, J., Costa, P., & Bica, A. (2014). Food consumption, body mass index and risk for oral health in adolescents. *Atencion primaria*, 46, 154-159.
- Bohara, S. S., Thapa, K., Bhatt, L. D., Dharni, S. S., & Wagle, S. (2021). Determinants of junk food consumption among adolescents in Pokhara Valley, Nepal. *Frontiers in Nutrition*, 8, 644650.

- Braithwaite, I., Stewart, A. W., Hancox, R. J., Beasley, R., Murphy, R., Mitchell, E. A., & ISAAC Phase Three Study Group. (2014). Fast-food consumption and body mass index in children and adolescents: an international cross-sectional study. *BMJ open*, 4(12), e005813.
- Brown, R., Seabrook, J. A., Stranges, S., Clark, A. F., Haines, J., O'connor, C., & Gilliland, J. A. (2021). Examining the correlates of adolescent food and nutrition knowledge. *Nutrients*, 13(6), 2044.
- Chowdhury, M. R., Subho, M. R. H., Rahman, M. M., Islam, S., & Chaki, D. (2018, December). Impact of fast food consumption on health: a study on university students of Bangladesh. In 2018 21st International Conference of Computer and Information Technology (ICCIT) (pp. 1-6). IEEE.
- Currie, J., DellaVigna, S., Moretti, E., & Pathania, V. (2010). The effect of fast food restaurants on obesity and weight gain. *American Economic Journal: Economic Policy*, 2(3), 32-63.
- Daradkeh, G., Al Muhannadi, A., Chandra, P., & Al Hajr, M. (2018). Fast food vs healthy food intake and overweight/obesity prevalence among adolescents in The State of Qatar. *J Obes Treat Weight Manag*, 1(1), 001.
- De Henauw, S., Gottrand, F., De Bourdeaudhuij, I., Gonzalez-Gross, M., Leclercq, C., Kafatos, A., & HELENA Study Group. (2007). Nutritional status and lifestyles of adolescents from a public health perspective. The HELENA Project—Healthy Lifestyle in Europe by Nutrition in Adolescence. *Journal of Public Health*, 15, 187-197.
- Deka, M. K., Malhotra, A. K., Yadav, R., & Gupta, S. (2015). Dietary pattern and nutritional deficiencies among urban adolescents. *Journal of family medicine and primary care*, 4(3), 364-368.

- Dixit, S. K., Khatri, B., Das, R. P., & Pradhan, S. k. A live study on fast food consumption: habits, taste & preferences of Bhubaneswar people. *EPR International Journal of Research and Development*, 3 (6), 1-16.
- Ernawati, K., Nadhifah, Q., Muslikha, A., Hidayat, M., Soesilo, T. E., Jannah, F., & Widiyanti, D. (2021). Relationship of knowledge and attitude with food handling practices: A systematic review. *Int. J. Public Health*, 10, 336-347.
- Fatehi Panah, S., Salavati, A., & Shafeai, R. (2015). Effect of promotional-training program to reduce the consumption of fast food Case study: Showing promotional Ads, brochures and Counseling to students in Sama primary school. *Journal of Health System Research*, 11(2), 435-443.
- Fonseca, L. G., Bertolin, M. N. T., Gubert, M. B., & da Silva, E. F. (2019). Effects of a nutritional intervention using pictorial representations for promoting knowledge and practices of healthy eating among Brazilian adolescents. *PLoS One*, 14(3), e0213277.
- Garcia, G., Sunil, T. S., & Hinojosa, P. (2012). The fast food and obesity link: consumption patterns and severity of obesity. *Obesity surgery*, 22, 810-818.
- Ghofranipour, F., & Tavousi, M. (2018). Effect of Health Education on the Knowledge, Attitude, and Practice of Fast Food Consumption among Primary Students in Tehran. *Health Education and Health Promotion*, 6(2), 47-52.
- Green, E. J., & Knechtges, P. L. (2015). Food safety knowledge and practices of young adults. *Journal of Environmental Health*, 77(10), 18-25.
- Gutiérrez-Pliego, L. E., Camarillo-Romero, E. D. S., Montenegro-Morales, L. P., & Garduño-García, J. D. J. (2016). Dietary patterns associated with body mass index (BMI) and lifestyle in Mexican adolescents. *BMC public health*, 16, 1-7.
- Hemalatha, B. (2021). Effectiveness of information, education and communication (iec) package on knowledge regarding early detection and prevention of cervical

cancer among women attending gynecology opd for via villi at selected setting. *TNNMC Journal of Obstetrics and Gynaecological Nursing*, 9(1), 35-38.

Jodkowska, M., Oblacinska, A., Tabak, I., & Radiukiewicz, K. (2011). Differences in dietary patterns between overweight and normal-weight adolescents. *Med Wieku Rozwoj*, 15(3), 266-73.

Jyoti Dowarah, L., Bhowmick, D. R., & Chakraborty, S. (2020). Fast food consumption behaviour among college Students-A case study in Tinsukia. *Current Research in Nutrition and Food Science Journal*, 8(2), 371-379.

Lee, H. K., Abdul Halim, H., Thong, K. L., & Chai, L. C. (2017). Assessment of food safety knowledge, attitude, self-reported practices, and microbiological hand hygiene of food handlers. *International journal of environmental research and public health*, 14(1), 55.

Lues, J. F., Rasephei, M. R., Venter, P., & Theron, M. M. (2006). Assessing food safety and associated food handling practices in street food vending. *International journal of environmental health research*, 16(5), 319-328.

Madruga, S. W., Araújo, C. L. P., Bertoldi, A. D., & Neutzling, M. B. (2012). Tracking of dietary patterns from childhood to adolescence. *Revista de saude publica*, 46, 376-386.

Mahjabin, A. (2023). Effect of junk food consumption on the nutritional status of adolescents (Doctoral dissertation, Chattogram Veterinary & Animal Sciences University, Khulshi, Chattogram).

Maia, E. G., Silva, L. E. S. D., Santos, M. A. S., Barufaldi, L. A., Silva, S. U. D., & Claro, R. M. (2018). Dietary patterns, sociodemographic and behavioral characteristics among Brazilian adolescents. *Revista Brasileira de Epidemiologia*, 21, e180009.

- Malik, P. (2022). Role of counseling on awareness of junk foods & beverages on the life of adolescence. *Journal of Pharmacognosy and Phytochemistry*, 11(1S), 09-13.
- Mohammad beigi, A., Asgarian, A., Moshir, E., Heidari, H., Afrashteh, S., Khazaei, S., & Ansari, H. (2018). Fast food consumption and overweight/obesity prevalence in students and its association with general and abdominal obesity. *Journal of preventive medicine and hygiene*, 59(3), E236.
- Moreb, N. A., Priyadarshini, A., & Jaiswal, A. K. (2017). Knowledge of food safety and food handling practices amongst food handlers in the Republic of Ireland. *Food control*, 80, 341-349.
- Nanjappan, D., & Jeya Amutha, J. (2021). A Descriptive Study to Assess the Knowledge on Ill Effects of Junk Food among undergraduate students at selected College, Bangalore.
- Nipun, T. S., Debnath, D., Miah, M. S. U. H., Kabir, A., & Hossain, M. K. (2017). Bangladeshi Student's Standpoint on Junk Food Consumption and Social Behaviour. *IOSR Journal of Pharmacy and Biological Sciences*, 12(1), 68-75.
- Omidvar, S., & Begum, K. (2014). Dietary pattern, food habits and preferences among adolescent and adult student girls from an urban area, South India. *Indian Journal of Fundamental and Applied Life Sciences*, 4(2), 465-473.
- Onurlubaş, E., & Yılmaz, N. (2013). Fast food consumption habits of university students. *Journal of Food, Agriculture & Environment*, 11(3-4), 12-14.
- Pencil, A., Matsungu, T. M., & Hayami, N. (2021). Determinants of overweight and obesity among adolescents in Zimbabwe: A scoping review. *The North African Journal of Food and Nutrition Research*, 5(12), 112-121.
- Poudel, P. (2018). Junk food consumption and its association with body mass index among school adolescents. *International Journal of Nutrition and Food Sciences*, 7(3), 90-93.

- Powell, L. M., Auld, M. C., Chaloupka, F. J., O'Malley, P. M., & Johnston, L. D. (2007). Associations between access to food stores and adolescent body mass index. *American journal of preventive medicine*, 33(4), S301-S307.
- Prajapati, M., Bala, D. V., & Tiwari, H. (2011). A study of nutritional status and high risk behavior of adolescents in Ahmedabad: A cross sectional Study. *Healthline*, 2(1), 21-6.
- Previato, H. D. R. D. A., & Behrens, J. H. (2018). Nutritional status and food pattern of adolescents. *Nutrition & Food Science*, 48(5), 846-855.
- Prista, A., Maia, J. A. R., Damasceno, A., & Beunen, G. (2003). Anthropometric indicators of nutritional status: implications for fitness, activity, and health in school-age children and adolescents from Maputo, Mozambique. *The American journal of clinical nutrition*, 77(4), 952-959.
- Ramchandra, M. U., Salunkhe, A. H., & Mohite, V. R. (2015). Knowledge regarding health hazards of junk foods among adolescents. *Int J Sci Res*, 4(4), 43-5.
- Rathi, N., Riddell, L., & Worsley, A. (2017). Food consumption patterns of adolescents aged 14–16 years in Kolkata, India. *Nutrition journal*, 16, 1-12.
- Rouhani, M. H., Mirseifinezhad, M., Omrani, N., Esmailzadeh, A., & Azadbakht, L. (2012). Fast food consumption, quality of diet, and obesity among Isfahanian adolescent girls. *Journal of obesity*, 2012.
- Rui-Hui, M. (2015). Fast-food consumption among college students based on cost and thermal analysis. *Advance Journal of Food Science and Technology*, 8(2), 122-125.
- Salam, R. A., Das, J. K., Irfan, O., Ahmed, W., Sheikh, S. S., & Bhutta, Z. A. (2020). Effects of preventive nutrition interventions among adolescents on health and nutritional status in low and middle income countries: A systematic review. *Campbell Systematic Reviews*, 16(2), e1085.

- Sanlier, N., & Konaklioglu, E. (2012). Food safety knowledge, attitude and food handling practices of students. *British Food Journal*, 114(4), 469-480.
- Saranya, P. V., Shanifa, N., Shilpa Susan, S. T., Umarani, J., & Shetty, A. P. (2016). Adolescents' knowledge regarding the effects of fast food on health. *Hindu*, 65(35), 65.
- Sharma, V. (2013). Adolescents knowledge regarding harmful effects of junk food. *IOSR J Nurs Health Sci*, 1(6), 01-04.
- Shinde, P., Vyas, K., & Goel, S. (2017). Effects of junk food/fast food study. *International Ayurvedic Medical*, 2(1).
- Silva, A. O. D., Diniz, P. R., Santos, M. E., Ritti-Dias, R. M., Farah, B. Q., Tassitano, R. M., & Oliveira, L. M. (2019). Health self-perception and its association with physical activity and nutritional status in adolescents. *Jornal de Pediatria*, 95, 458-465.
- Singh, A. K., Singh, N. P., & Chaturvedani, A. K. (2018). Food safety and hygiene practices among street food vendors in Noida, Uttar Pradesh, India. *Int. J. Curr. Microbiol. App. Sci*, 7(09), 2340-2347.
- Singla, P., Sachdeva, R., & Kochhar, A. (2012). Effect of nutrition counselling on junk food intake and anthropometric profile among adolescent girls of working mothers. *International Journal of Scientific and Research Publications*, 2(5), 1-7.
- Song, Y. (2016). Factors that affect fast food consumption: A review of the literature. *MBA Student Scholarship*, 53.
- Stender, S., Dyerberg, J., & Astrup, A. (2007). Fast food: unfriendly and unhealthy. *International journal of obesity*, 31(6), 887-890.
- Subhalakshmi, K., & Dhanasekar, M. (2018). A study on fast food culture among teenagers in urban India. *International Journal of Pure and Applied Mathematics*, 20(5).

- Thakur, S., & Mathur, P. (2022). Nutrition knowledge and its relation with dietary behaviour in children and adolescents: a systematic review. *International Journal of Adolescent Medicine and Health*, 34(6), 381-392.
- Thana'Y, A., Takruri, H. R., & Tayyem, R. F. (2019). Dietary practices and nutrient intake among adolescents: a general review. *Obesity Medicine*, 16, 100145.
- Upreti, H., Malhotra, R. K., & Ojha, M. K. (2020). Perception towards risk factors associated with consumption of fast food: a study of college students in India. *International Journal of Management (IJM)*, 11(5).
- Vaida, N. (2013). Prevalence of fast food intake among urban adolescent students. *The international journal of engineering and science*, 2(1), 353-359.
- Vaitkeviciute, R., Ball, L. E., & Harris, N. (2015). The relationship between food literacy and dietary intake in adolescents: a systematic review. *Public health nutrition*, 18(4), 649-658.
- Washi, S. A., & Ageib, M. B. (2010). Poor diet quality and food habits are related to impaired nutritional status in 13-to 18-year-old adolescents in Jeddah. *Nutrition Research*, 30(8), 527-534.
- Yaazhini, T., Vishwanathan, K., Shakthivel, N. S., & Yagajeyanthi, M. (2020). A Descriptive Study to Assess the Knowledge on Fast Food Eating among Adults in Selected Urban Community Kanchipuram District Tamil Nadu. *Medico-Legal Update*, 20(1).
- Yadav, H., Naidu, S., Baliga, S. S., & Mallapur, M. D. (2015). Dietary pattern of college going adolescents (17-19 years) in urban area of Belagavi. *Age*, 17(88), 22.
- Younis, F. H., & Eljamay, S. M. (2019). Fast Food Consumption among Teenagers aged between (13 to 25) years old and Their Effect on Health in Derna-Libya. *J Regen Biol Med*, 1(1), 1-8.

Zanin, L. M., da Cunha, D. T., De Rosso, V. V., Capriles, V. D., & Stedefeldt, E. (2017). Knowledge, attitudes and practices of food handlers in food safety: An integrative review. *Food research international*, 100, 53-62.