

ABSTRACT

Food is one of the main human needs to be able to carry out a heavy or light activity, but not all foods contain the right nutrients to provide energy so that they can do activities, foods that are consumed daily often do not contain healthy nutrients for the human body and can cause disease is junk food. Junk food is a food that is well known to everyone because it is affordable and tastes good, so some people often choose junk food for lunch and dinner and with many choices it makes it easy for the taste buds to choose. Even so, ingredients that are made for junk food are fats and sugar which if consumed too often in large quantities can cause disease in the body, diseases such as diabetes, and obesity are examples. Through educational media, material regarding nutrition contained in junk food and its impact can be conveyed in a fun way and users can get information effectively.

Keywords: Junk food, Disease, Media Education, Health