

Sample Speech Writing

Junk food can be very appealing to children, but it causes more harm to them than they can imagine. Prepare a speech, to be delivered in the school assembly on the harmful effects of Junk Food on School Children.

Junk Food and its Effects

Good morning, respected Principal, Vice-Principal, Teacher-in-Charge and my dear friends.

Today, I am going to express my views on the topic — 'Junk Food – Poison for Children'.

As you all realise how appealing junk food can be because of the good taste and convenience. But if we come to know about its harmful consequences, I am sure, none of us are going to touch junk food ever in life again.

Junk food may appear especially appetising. However, regular consumption of junk food can be addictive for children and lead to complications like obesity, chronic illness, low self-esteem and even depression. All this may affect a child's performance in school. According to a study conducted, diet has a significant effect on children's study habits. Foods with high sugar content deplete energy levels and ability to concentrate for extended periods of time.

By consuming junk food children take in a high amount of calories, fats, carbohydrates and added sugars in one fast food meal, with the result that their bodies become deficient in fibre and other nutrients. Such eating habits increase the risk of obesity. They are thus at a risk for developing diabetes, high blood pressure and stroke.

So friends, it is in our hands to decide what kind of food to choose. If we want to lead a healthy life, we must put an end to the consumption of this poison called junk food.

Thank You

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