



Is consuming junk food good for children aged 3–5 years? Systematic Literatur Review

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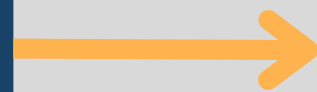
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Introduction

Excessive
consumption of junk
food



Not good for children's
growth and
development



Can cause obesity



Junk food consumption in Indonesia, specifically in the city of Bandung, as many as 52.6% of school students consume junk food with a frequency of more than 5 times per day. Meanwhile, 47.4% consume junk food more than twice a day (Siregar & Siagian, 2023). This can happen because a number of fast food restaurants have become popular in various places, in the city of Bandung there are 236 fast food restaurants that sell various types of junk food (Romadona et al., 2021). Based on this data, obesity is caused by excessive junk food.

Junk food means food that is low in nutrition. Lack of nutrition in junk food can affect a child's educational intelligence level.





Methode

This research uses a systematic literature review which is carried out with a process of identification, evaluation and interpretation of all research results relevant to certain topics to answer the research questions. The data source for this research comes from research articles published in Indonesian language journals about whether junk food consumption in early childhood is good or not? which was obtained through an electronic database, namely Google Scholar, with a publication period from 2013 to 2023.



Result and Discussion

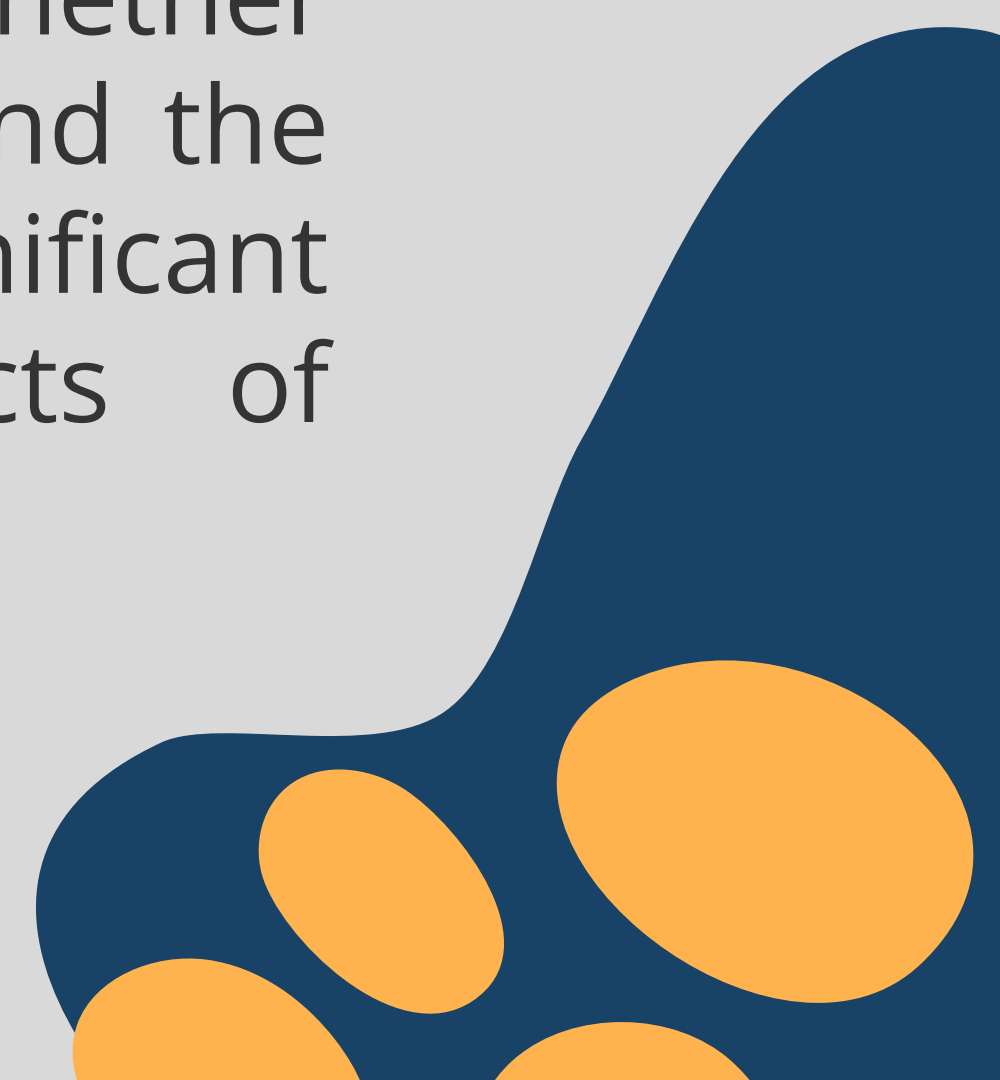
The results of data analysis show that there are three themes resulting from data collection. The three themes are images of junk food consumption, the impact of junk food on health and parents' efforts to reduce junk food consumption.

Based on table 1 of the findings (Anshari, 2019), there is a suitable reason that people eat junk food because the appearance and taste are popular with children. Researchers added findings from previous studies which revealed that hunger and temptation were reasons for eating junk food (Rosidin et al., 2019).



Result and Discussion

The results of this research can be summarised in table 2 which provides findings regarding whether these reasons are appropriate for children and the type of food consumed by children has a significant impact on development, including aspects of intelligence.





Conclusion

Based on the findings, it can be concluded that parents understand the negative impact of junk food on their children's growth period, but parents do not yet know the efforts to prevent children from consuming junk food frequently. However, they still balance giving junk food with healthy food by cooking their own food and paying attention to giving fruit and vegetables to their children.



Thank You