

# GETA Young Scientist

## Samsya Khoj Contest

1e (First Edition), 24.04.2024

<i>Result</i>	<b>Consolation Prize Winner</b>
<i>Problem Title</i>	<b>Packaged food effects health and leads to diseases</b>
<i>Problem Description</i>	<p>Heavily processed foods often include unhealthy levels of added sugar, sodium and fat. These ingredients make the food we eat taste better, but too much of them leads to serious health issues like obesity, heart disease, high blood pressure and diabetes.</p> <p>Often referred to as convenience or pre-prepared foods, processed foods are suggested to contribute to the obesity epidemic and the rising prevalence of chronic diseases like heart disease and diabetes. If we get too much food, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for the development of diseases and conditions, such as arthritis, diabetes, and heart disease.</p> <p>In short, what we eat is central to our health.</p>
<i>Affected Audiences</i>	People, animals, plants, and earth.
<i>Impact Size</i>	Individual
<i>Location</i>	Urban
<i>Scope</i>	National
<i>Place</i>	In factory
<i>Occurrence</i>	Frequently
<i>Life risk involved?</i>	Yes
<i>Financial loss or Saving potential</i>	Thousands or less
<i>Student</i>	<b>S. V. Pavithra, 8th Class</b>
<i>School</i>	<b>ZPHS (Girls), Narayanavam, Tirupati District, Andhra Pradesh</b>
<i>Guide Teacher</i>	<b>K.V. Syamalatha</b>