

Fast food and junk food Fast food and junk food are readily available and does not require time to prepare, making them appealing to young people who often lead busy lifestyles. The advertising and Marketing for fast food spend amounts on marketing, It focuses on young people, associating fast food with desirable lifestyles or using attractive characters to attract them. to address this trend, several solutions can be implemented: 1– Educating young people about balanced nutrition and the importance of making healthier food choices can empower them to make better decisions. 3– Regulate Marketing: Implement stricter regulations on marketing and advertising of junk food, especially targeting young audiences.