

National Junk Food Day

National Junk Food Day is celebrated every year on July 21. Dedicated to the foods we like to snack on. Today, you can eat junk food for every meal. Popularized in the U.S in the 1950s, junk foods are usually, by definition, high in fats, sugars, salt, and calories.

Celebrate by eating your favorite food and color the handout.

