

Efforts to make people do the preventive action in eating instant noodle should be done in community programe. Mass media campaign could be the alternative way to educate people not to depend too much with instant noodle. Other alternative was making programe to train young people to have cooking skills so they could made their own meals in fast, and easy ways too. Instant noodle was first invented to be a helpful ways to avoid hungers, not to become people's daily menu.

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