

## Junk Food In Schools

Studies have shown that 20% of the population are obese and 300,000 people die each year because of complications associated with being obese. Many schools have now created controversial decisions on whether banning junk food from schools will reduce the chances of students becoming obese. In the articles, Source B, Source C, Source D, by Erica Robinson, Roberta Alexander, and Nina Lincoff, it shines the light upon obesity. It also shows how people are likely to become obese during their youth. Schools should definitely be involved and ban junk food from their lunches for three reasons: food addiction, Obesity, Financial problems.

To start off, one of the main reasons for why banning school junk food is beneficial is because it will help prevent kid from becoming addicted to chips, soda, candy, etc. Children, nowadays, can not eat these junk food snacks in moderation. After one bite, they will get hooked on one bag, then another and so on. A perfect example is found in Source B that writes, “ he told Mental Floss that some foods are purposely made with bland ingredients so that you crave more food.” Since this is happening, kids would eat them every time they get a chance to, not thinking about gaining weight or it affecting their health. Chips are not the only problem now since many children are also getting addicted to sugary snacks. This is shown in Source B, “ As far as sugary snacks, new research shows sugar may be just as addicting as crack.” Too much of these sugary snacks may not be good for health or your teeth! This is one of the main reasons why schools should ban lunch junk food.

In addition, keeping junk foods in school with increase chances of future obesity. There have been many studies made on how many people are obese or how it has become a big problem over the years. In Source C it shows, “ Our kids spend nearly 8 hours everyday watching TV, playing video games, using computers, talking on cell phones, and texting.” Children are wasting more of their time engaged in technology rather than going outside to play and exercising. After eating, it would usually be good to walk outside maybe even jog. Instead, children aren’t moving their muscles or burning calories, they are sitting and watching TV. As many years have passed, fast food industries have decided on increasing their food size portions. This can be shown in Source C, “ Fast food portion sizes have increased by between 200-500% since 1955.” As the years increase, so will the people’s need for these growing fast food portion. Leading them to then increase their weight! This is the second reason why junk food should be banned from schools.

The last reason for why junk food needs to be banned from schools is because of financial problems. Since most schools do allow junk food in their lunch, that means that every time they run out they will need to supply more for students. However, sometimes the schools will be able to afford to buy any since most of the money is spent supplying their vending machines. Evidence for this is found in Source E, “ Lucrative contracts with soft drink or candy manufacturers have often paid for activities that financially strapped districts couldn't afford.” As more purchases are being made from these soft drink and candy manufacturers, many districts who are not very financially balanced are losing the money that they can easily put to use for something beneficial to students. Many schools rather have something to do with a child’s future chance of becoming obese, rather than starting programs to help prevent obesity Source E shows

another useful example, “ The author examines both the effect of financial pressure on school food policies and whether these school food policies help create overweight adolescents.” Not only are some adolescents likely to become obese but many deaths are involved with obesity complications. Of course many can argue by saying that children are also likely to gain weight outside of school. However, already banning junk food in school will help reduce chances even if it's by a small margin.

In the end, keeping junk food in schools is not only unhealthy for the adolescents, but also unhelpful for schools. Schools should definitely care for the students health and by banning junk food in their schools, they are able to do so. Keeping junk food away is significant to many people's lives because if not taken as important, it can cause a difficult future. Society and today's youth need to work together in order to make drastic changes on the percent of people who are already obese. Living a healthier life will help us become successful in many ways we have yet to discover.