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The Effects of Banning Junk Food

Over 25,000,000 children in the United States are overweight or obese. This problem usually comes from the fact that they eat so much “junk food” that the school provides. Today kids face an obesity epidemic that has never been seen by generations before. Articles that talk about obesity and overweight are: Source A “The New York Times UpFront - The News Magazine for Teens”, by Richard J Codey and Source B “Junk Food May Be Prohibited In School Lunches This Fall; Pending Federal Law Sparks Obesity Debate”, by Erica Robinson. An infographic that clearly explains the effects of obesity is Source C “Norton Center Infographic”, by Laura Wendling. These articles all influence that the best option is to ban junk food in schools cafeterias because it increases the possibility of an early age addiction, the statistics of obesity are high when it comes to kids and it can economically and physically affect you.

Firstly, the statistics of obesity are high when it comes to children, and are at great risk if school provide junk food or allow them at school. Children are expected to go to school which means that every child at an early age goes to school for kindergarten or preschool. Kids usually follow or admire the school and the teachers, so if they see candy at school they will assume that they should eat it and/or think that it is fine because it is at school. Because of this obesity problem the population can be affected negatively. According to the author of source A, “Nearly 300,000 people die each year from complications associated with being obese or overweight.” These complications can cause a decrease in

the human population. If the school keeps selling or holding “junk food” this problem can highly increase because most of the population are kids at school and can self develop obesity with the help of school allowing junk food. Many think that obesity can only happen to adults but that is very wrong. Kids as well as adults have this problem. According to the author of an infographic (source C), “1 of every 3 kids in the United States are issued to be overweight or obese.” Kids may not be immediately affected if the schools ban junk food, but it can start teaching the kids to go a separate way. This can decrease the chance of a kid becoming overweight and slowly lower the statistics that kids have of becoming overweight. Slowly we can warn the kids by how common obesity can be and teach them how to avoid it.

Secondly, kids can start at an early age to get addicted to anything this can also mean “junk food”. Many kids at an early age start to find out who they are and what they are like. They can also get too attached to anything they do on a daily basis. An article that explains furthermore is source A and the author states, “poor eating habits developed at an early age lead to a life time of real health consequence.” One of those consequences can be obesity. If the school holds “junk food” it’s obvious that children will always have temptation to buy or lay their hands on it. Banning “junk food” from the school can reduce the poor eating habits and give the population the boost it needs. By just eliminating chips and soda to apples and carrots kids will have a limited eating choice. Not many adults are aware of this problem, but now it will be taken more serious because of the acts the schools have done. According to article B the author states, “The Wealthy, Hunger- Free Kids ACT of 2010 was created to lower the alarming statistics by setting new federal standards on food.” This act can have a major impact on the obesity problem by making kids in school pick a healthier lifestyle rather than chips and candy. The adults might not see any improvement but the kids will be more open minded if this does happen

helping them at an early age to get the right characteristics. Starting and act while many children are still young may reduce the possibility of them getting attached to junk food that can later result to a more harmful lifetime of consequence.

Lastly, banning junk food from the schools may help economically and physically. Most kids that are overweight tend to get picked on at school. Being overweight can also mean that kids need to be treated medically to help them lose weight. Staff at schools say that ‘school is a safe place’ but in reality this can easily be argued. According to the infographic the author states, “20% of sixth graders are bullied teased or rejected daily based on their size -> This increasing to 61% by the time they reach high school.” There are many consequences to this problem, one of many are that many kids can lower their self esteem and become depressed others may ‘eat their way out of this problem’ according to bullies at high schools. If schools eliminate junk food 6th graders can start early in healthy food choices and reduce the problem of getting bullied in highschool. By getting a head start on healthy eating it won’t waste much time and money for a kid to get medical attention which will increase by 2018. According to source C the author indicates, “By 2018 the US will spend 344,000,000,000 on obesity-related health care cost.” If kids get a head start on healthy choices it will help parents by lowering health care cost. Schools can ban junk food and help reduce the US to spend a lot of money on a problem that can be easily fixed with the help of the school. Other people might say otherwise and indicate that if the school eliminates junk food the parents can still buy it for children and will easily get attached at an early age. That might be true but many kids might not have the money to get from their parents making it less possible for them to get addicted to a bad eating habit. Kids are also most impacted by the schools food and the products it might provide. It is important to know every outcome of the change in order for it to process well.

To sum up, school choices influences a child's actions. If the school bans junk food it can decrease the possibility of an early age attachment to junk food, the statistics of obesity can decrease when it comes to kids or young adults, and it can stop hate against kids as well as economically help you. When I was young my younger brother had the same problem, but with the help of the school he was able to lose weight and have a normal weight. The school can help out as easy as just talking to a kid and telling them the right choices. Though kids will effectively change if the school takes action and bans junk food to only promote a healthy lifestyle because if that helped my healthy brother it can definitely help anyone.