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Banning Junk Food

More than 92% of schools do not have year-round physical education programs. The sources 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 Source. Also in source C “Childhood Obesity” ,by Laura Wendling an infographic talks about the overweight and obesity in children. It shows how junk food can cause huge consequences in the future of students. Banning junk food from schools will be a great way to having students be more healthy, the cost of healthcare, and their addiction towards junk food.

To begin with, the health of students is above all. The percentage of kids that bike or walk has decreased. Students are eating more junk food and are not being as active as the past. According to Laura Wendling from source C, “ One-third of kids born after 2000 will develop diabetes.” If schools keep selling junk food there is a possibility that students will live a shorter lifespan than their parents. Fast food portion sizes have increased dramatically since the 1950’s. According to Laura Wendling from source C, “Seventy percent of obese children have at least one risk factor for heart disease.” This shows that schools have a responsibility, influence in what students eat. The schools is where students eat and get their meal, if they have junk food

then the students will only eat junk food. Schools should ban junk food because more of the population will become obese.

Furthermore, the cost of healthcare is more expensive for obese kids. The same amount that is being spent on health care for obese kids is nearly enough to stop world hunger. By 2018, the US will be spending three-hundred forty-four billion dollars on health-care for obesity healthcare. According to Laura Wendling from source C, “Forty-three percent of the US population will be obese by 2018.” This demonstrates that if we keep selling junk food at schools more children will have problems later on. My cousin is overweight and it's not easy to pay for all the times she goes to her doctor. This comes from buying snacks usually daily. According to Laura Wendling, source C, “The cost of 4,047,058,820 Disney World tickets equal the amount on treatment.” This states that family could be saving on lots of money. It is easy for a child to eat junk food at their school than having to pay money for their treatments. Junk food should be banned from schools because later on more kids will be spending lots of money in their treatment.

Lastly, students are becoming addicted to junk food. Nearly 300,000 people die each year from complications associated with being obese or overweight. By not banning junk food from schools will cause the children to become addicted and not be able to stop their cravings. According to Richard J Codey from source A, “School is where children spend most of their time.” By having the junk food at your sight it's more complicated for the students not to have cravings. They will become addicted for buying junk food each day. One bag of cheetos have 150 calories, but once you buy more than 1 a day you're addicted. Having many sodium, and sugar increases the chance in having diabetes when older. According to Erica Robinson from

source B, “Some foods are purposely made with bland ingredients so that you crave more food.” This means that it is very easy for students to become addicted. Also these foods can be as addicting as drugs. People may say junk food should not be banned from schools because it’s where they earn money for materials, or field trips. But the health is more important than having field trips. Children should get into the habit of eating healthy so later on they won’t be able to stop their addiction towards junk food.

To conclude, junk food should be prohibited at school if we don't want the students ending up with health problems. Not having junk food at schools would be a great way to having students be healthy, cost of treatments, and addiction for junk food. It is important to not have junk food at schools because students, 6th graders are bullied, teased based on their size. They might not be able to handle it and have terrible thoughts. Ending the junk food now would be better so when they are adults they don’t have the same problems with their children. Also to show them how to eat well and be more active.