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The Restriction of Junk Food

Junk food. The delicious but unhealthy food. The evidence of why junk food should be banned are in articles, Source A by John Dively, Source B by Erica Robison, and Source C by Laura Wendling. Today, obesity is a big epidemic in the country. Junk food is the main food that causes this. Children who have obesity today have a big risk of having health consequences in the future. There is many ways that this can be stopped. That is why schools should ban junk food because it can lead to health consequences, it can lessen the amount of junk food kids eat, and it can reduce the cost of health care.

To begin with, if children eat a lot of junk food it can lead to health problems in the future. Many students eat most of their junk food at school. According Source A the author states, “poor eating habits developed at an early age lead to a life time of real health consequences”(p 2). A lot of kids eat more junk food than real, healthy food. Putting a stop to junk food can lessen the chance of health consequences. It can also give kids the direction to healthy food. For many kids eating junk food is too hard to stop. According to Source B the author states, “As far as sugary snacks, new research shows sugar may be just as addicting as crack”(p9). If junk food is like a drug addiction it will be hard to stop eating it. Banning junk food from schools can help lessen the amount of junk food children eat. This way children can stop eating junk food at the place they spend most time at, school.

Secondly, banning junk food can lessen the amount of junk food children eat. Even though this country can't control what kids eat there is still many other solutions. According to Source B the author wrote, "Although Obama can't control what parents feed their kids at home, she believes offering only healthy options at school will reduce childhood obesity rates"(p3). Banning junk food doesn't mean that there won't be good food. There is many options to choose from but are healthy at the same time. Banning junk food will lead kids to a healthier diet and it will lessen the chance of health problems. There is a many research studies that predict the percentage of obesity rates. In the infographic the author states, "43% of the U.S. population will be obese by 2018"(Source C). The banning of junk foods at schools can lessen that 43% of obesity in the United States. Most junk food is eaten at school if taken away it will lessen the obesity rates and lead the child to a healthier lifestyle. The banning of junk food at schools would lead to healthier kids.

Finally, banning junk food can reduce the cost of health care. Many kids in America are obese, which leads to an increase in their health care. According to the infographic the author states, "By 2018 the U.S will spend \$344,000,000,000 on obesity related health care cost which equals to the cost of 13,835,959.4 years of college education or the cost of 4,047,058,820 tickets to Disneyland"(Source C). Banning junk food can reduce the amount of junk food eaten and reduce the amount of people obese in America. The amount of money used on obesity health care can send millions of kids to college. The money used on obesity health care can make miracles happen to people around the world. In Source C the author explains, "In 2011, Americans spent 168,000,000 on fast food. That's the same amount of money we spent of obesity related expenses or nearly enough money to end world hunger". This money can help

solve some of the world problems. So banning junk can help end obesity but the cost of obesity health care can end world hunger. The cost of health care is expensive but banning junk food can lessen that amount. Others may think that cutting junk food may lead to kids eating more of it, but they are incorrect because cutting junk food can help kids eat less of it. This way kids eat a variety of healthy options at school. Banning junk foods can help even the most difficult problems.

In conclusion, the banning of junk food is a way to lead kids towards healthier decisions. The reasons are that junk food can lead to health consequences, banning junk food can lessen the amount of junk food eaten, and it can help reduce the cost of health care. Banning junk food is very important because it can help solve problems like college tuitions and an even bigger problem like world hunger. Banning junk food can also relieve parents about worrying what their kids eat at school. Banning junk food can give kids healthy options which will give kids energy and a healthier body.