

Ban Junk Food from Schools

Eat is something everyone does, but how you eat is important because there are lots of kids in the world that are obese. The information will be found in Source E, an article by HealthLineNews, Source C, an infographic by Norton Center Infographic, and Source B, an article by MedicalDaily.com. Currently, 1 out every 3 children are obese and the government is trying to find a solution to this problem. The government is debating whether to ban junk food in school or not. I believe that schools should be banned from selling junk food because school is a big influence in a child's life, numbers get higher every year when it comes to child obesity, and medical problems are being developed.

First of all, school influences a big part of a child's life. Many studies have been made on this topic and one study found, "70% of elementary and middle school students see ads for junk food at school, and research published earlier this year showed that kids tend to eat more after seeing ads for unhealthy food." (pg.8) When someone sees the ads on the internet or in public it will most likely give them an appetite and will consider getting themselves that to eat. The food ads promote junk food, so obesity rates will not lower if the government continues to allow schools to put the ads on their walls. Children eat school lunch on a daily basis and that is a reason why obesity rates are going up. "Currently, over 31 million children eat school lunches, according to the first lady Michelle Obama's "Let's Move" campaign page. For some students, school is the only place they get a meal." (pg.2) Junk food is served at school and if some students their only meal is at school, then most likely they will become overweight or obese. This will be because the kids' only meal will be junk food for five days a week. School plays a major role in child obesity because of the reasons listed previously.

Another reason is, numbers get higher every year when it comes to child obesity. The rates have gone up by the 100's percent. This problem is worse here in the United States because " 25,000,000 children in the US are overweight or obese." (pg.4) If this continues to go on , by 2018 43% of the United States population will be obese. In my opinion, busy cities would have a higher number of obese children because it takes a longer time to get from place to place. So, by the time a family gets to their desired destination their kids will be hungry and they will end up getting them fast food. " Since 1970, childhood obesity rates have increased by 500%. (pg.4) If this continues to happen then the fast food restaurants will continue winning a lot of money and the rates will continue to grow. Obesity rates have increased because most of the people who consume junk food are usually in a rush and don't have enough time to make themselves a more healthier meal at their house.

Lastly, in the long run children will develop medical problems. Many people die each year because of obesity, children are at risk to develop diseases due to their weight. " 70% of obese children have at least one risk factor for heart disease and 39% have at least two or more risk factors."(pg.4) Only 1% doesn't have any risks of getting heart disease. But if you do the math, not many people are in the 1% because there are 25 million obese kids. Obesity is a very dangerous medical issue when it is way too advanced. " Two workshops were held for teenagers of sugary beverages and the climbing rates of type 2 diabetes." (pg.8) When I go to a restaurant the menu always has the calories on the drinks and they are pretty high. These teenagers probably drink the high in sugar beverages constantly. Even though all these reasons support the decision of banning junk food from schools, if kids don't get eat junk food so it would not stop kids from eating junk foods. Even so, if the government bans junk food from school cafeterias it would at least lower the numbers of children who are obese.

In conclusion, if junk food is banned from schools, the government has a chance to lower the rates of child obesity. It can be implicated that by 2018 half of the United States population won't be obese. It is important that lots of people agree with this statement because it can be the one step that is needed to at least lower the rates by like 5 percent. Another reason as to why it is important to agree with me is because the more people that think this way, the bigger chance we have of getting more people to think like us and hopefully be able to stop child obesity forever.