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Period 7-8

Language Arts

Should Schools Ban Junk Food?

Junk food is a quick, portable, & delicious snack that almost everyone enjoys. It always isn't healthy due to its lack of nutritional value and excess fat and sugar but we dismiss that and enjoys eating it. However, junk food is blamed as the leading cause of obesity. In this century obesity is a pandemic ,occurring especially in America, that has sprouted like a wildfire. Nationwide, schools have decided to take action to try prevent the increasing obesity rates. Some schools have put restrictions on junk food while schools have just outright banned junk food distribution! However these restrictions on junk food are expensive, ineffective and isn't the solution. Sources A, E, B, &D can agree that junk food isn't the leading cause for obesity and schools should not ban junk food.

First off, junk food restrictions are expensive. Restrictions on junk food have been found to be quite pricey according to Source B & E. According to Resource B, an article written by Erica Robinson states, "In low-income communities, fast food is easy to access and affordable, but healthy food is inaccessible and expensive." Personally, I can relate to this because when I go to the grocery store I find cheap treats and snacks for a dollar or less. The vegetables and fruits on the other hand are expensive or spoiled and rotten. Even organic vegetables are hard to access. In addition, Resource E, another article written by Roberta Alexandera, also agrees that junk food restrictions are expensive. She exclaims, "The healthy choice is rarely the

affordable...As long as a water bottle costs more than more than a soda and [food companies] market to lower-income kids, obesity and diabetes will go up in that communities.” What she said is correct because when I walk into a snack shop i usually see a decent sized bottle of water for about \$1.25 and a liter of coke for \$1. It's no surprise that I usually find the soda shelves half full. You cannot blame the junk food for causing obesity in this case. Schools should be aware that the price for healthy food just isn't always affordable for some families.

Next, restrictions of junk food are ineffective according to Resource D & B. “They compared the students’ access to soda and the amount of soda consumed in states that have implanted soda to those that have not. They found that states with soda restrictions had less access to soda in school, they did not reduce their overall soda consumption. Instead they compensated for the restricted soda access to school by bringing it with them or drinking more soda out of school.” (Resource D - Sherzod) I see what these schools did. They stopped the distribution of soda in their school. I really don’t see how this will stop the soda consumption in general. What they at least should of done is ban soda on their campus. Even with that new policy it only would've encouraged kids to drink more soda out of campus such as a restaurant or at home. In fact, these junk restrictions have actually backfired at the school. “As recent of Michelle Obama’s new policy 106,800 students have stopped buying school lunch. The Washington Times reported. At one middle school and high school kids boycotted or three weeks after school has changed their sandwiches to meet federal standards.” In my school, during break or lunch if the snack shop is open it usually has a long line of dozens of students waiting to buy junk food. Each usually tends to buy between one to five dollars worth of junk food. I recall a period of time during 7th grade when the snack shops were closed for a while and

many fundraisers were ran in order to get money. It was just a little speculation I made. These restrictions are have not positively affected tge rates of obesity in schools. Therefore, junk food shouldn't be banned in schools.

Finally, there are better solutions to obesity. Let me just say junk food isn't the biggest factor of obesity & there are better ways to solve this pandemic. First off, one on the biggest factors of obesity is a lack of exercise. Source C, an infographic by Laura Welding, claims, "Our kids spend nearly 8 hours everyday watching T.V., playing video games, using computers, talking in cell phones and texting." I find this highly accurate because when I get home from school I usually see some of my siblings on electronics and they are still using them by 6 p.m. Personally, I try to be as conservative when it comes to my time online or on any electronic in general. A better solution for obesity are exercise. Resource A states, "...improving that we teach about nutrition and requiring more physical activity are better ways to approach obesity than imposing statewide junk-food bans." I highly agree with this. I actually would like an extra thirty minutes to one hour for physical education. It is about educating kids about the dangers of obesity and how to avoid the risks. Meanwhile, some may argue that the ban on junk food is the answer despite exercising. However Sherzod, "For 95% of americans who do not fall into the extreme weight, junk food consumption does not vary." Junk food does not make a difference in weight. Junk food doesn't majorly affect one's health. Therefore, there are better solutions for obesity and junk food should not be banned in school.

In Conclusion, junk food shouldn't be banned in American schools. These restrictions are expensive, ineffective, and other are better solutions. Junk food is alright to eat as long as you stay active. Junk food does not cause obesity instantly.

