

Vanessa Chiprez, Jaqueline Alarcon,
Priscila Alvarado, Leona Pham
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Junk Food Essay

The bell rings and kids pour out from their classrooms and into the cafeteria. Everything appears to be normal- the lunch lines are flowing smoothly and kids are laughing, chatting with their friends. But there are a myriad of students eating a scarily unhealthy amount of hot cheetos, soda, and anything with high levels of fat and sugar. There has been a never-ending debate whether schools should ban these junk foods. But due to strong addictions, high levels of obesity, and the financial problem these foods cause, junk food should be banned from schools.

As long as schools ban junk food from being sold on campus, students tend to gain a junk food addiction. Erica Robinson explains in Source B, titled, "Junk Food May Be Prohibited in School Lunches This Fall," and writes, "He told Mental Floss that some foods are purposely made with bland ingredients so that you crave more food or you just add enough sugar or salt until your mouth explodes with flavors." In other words, Robinson reveals that foods are made bland, so people can crave sweet and salty flavors and ingredients. As one craves these flavors, a desire for these qualities grows and grows that once people indulge sweet or salty foods, they want more and more of this food. Not only that but Robinson further indicates, "As far as sugary snacks, new research shows sugar may be just as addicting as crack." Meaning that people can easily be influenced to indulge sugary sweets just as people are easily influenced to use crack. Through both of these matters, it can be shown that junk food should be banned in school

campuses as it leads to addiction in junk foods. Essentially, addiction may lead to obesity in a child over time as these addictions grow worse.

In time, those who are addicted to junk food may soon become obese. Erika Robinson writes, "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" (Robinson 1). Obesity in children is common, especially because many parents choose to feed their children greasy, fatty foods, such as chips, soda, and cookies. With schools feeding the students healthy food, half of their diet will be kept less deteriorating. This fights the obesity rate, which is "one out of three children" (Robinson 2). As of now, students eating junk food all day has increased the rate of obesity in children. Many will say that banning unhealthy snacks from school cafeterias will not change how much junk food they consume in a day. However, those who eat sugary foods while at school will cut their consumption in half. At home, parents keep track of how much their children eat. This will greatly lower the consumption rate of each student, and prevent any disease to be caused by obesity. Although, this issue can later cause multiple expenses on medical treatments to help these situations.

One of the major issues that are given for obesity are the high expenses for medical treatment on addiction from school lunches. As more children and adults gain more weight from school lunches, the prices for medical needs only increase. The source titled "The Norton Center", the author explains saying, "By 2018, the U.S will spend 344,000,000,000 on obesity related health care costs." This then revealing to visualize that keeping these unhealthy foods in schools only double the number of expenses. However, while hospitalization is already very high in cost, the food itself is as much money spent. As buying healthier foods are much harder to

afford most of the time. Roberta Alexander proclaims in her article, “The healthier choice is rarely the affordable choice’’. For those certain students who are not as wealthy as others, it is more difficult for them to buy better nutrition for themselves. So they then resort to buying the junk food that the school sells which then bounces back to obesity. Therefore, if they remove it permanently, then the students will be persuaded to buy and afford the healthier snacks and foods.

With the concerns of junk food addictions, the gradual increase of obesity, and the shocking medical and consumer costs all add up to the fact that schools should ban junk foods. Schools have taken action to lower the number of junk food intake at school. For example, schools have banned the advertisement of foods that do not fit in the healthy food regulations. Many health problems found from junk foods can be prevented as schools continue to encourage healthy eating in students. With these actions, the lives of many can be greatly influenced in a positive way.