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### Junk Food Ban In Schools?

Very recently the United States has developed a serious problem with obesity. This obesity problem has come to question, banning junk food in school or not. American schools either side with banning or not banning junk food but as for not banning junk food sources A, B, and C have a clear definition of why Junk food should not be banned. As of today, 25 million kids in the United States are overweight, and it is thought that the problem is the food that people are consuming on the basis. These sources give three reasons why schools should not ban junk food in any schools in the US is because it would cause a bigger and greater problem, also one's lifestyle can change it all from either being poor or rich, and lastly knowing the limit, this means that kids know or eventually will know what the excess to overconsume unhealthy food like junk food.

Starting off, Obesity in the United States was already a problem and taking control of the situation could be too late. One in every three kids is said to be overweight or obese and eliminating fast foods or junk food in general would be useless as there are multiple ways to get access of unhealthy food. Source A explains this and says, "An across-the board-junk food ban does not teach young people how to make healthy choices; it simply removes some of their options". The kids in schools eating junk food know very well that school is not the only source of intake to food and learning whether what is good or not isn't known to young children. The people who make these decisions of putting food for kids in school are not doing their job

properly and could be a possible reason why kids choose unhealthy over healthy. Source A explains this as it states, “We believe that locally elected school board members are in the best position to make policy decisions that reflect the opinions and needs of their individual communities. Any decisions about what is sold in school vending machines should be determined at this level”. If a board member was placed there in the first place is not doing their job then why are they there it would be like saying Federal government put guns and now wants to restrict them. Fast food should not be banned as it could and for sure will cause a bigger problem.

Moving on, the way one lives a certain lifestyle can make a drastic change on either being overweight or not. For example, someone could be lazy and be obese for that very reason. Cheap and very fatty are fast foods or specifically junks foods. Source B says this as it claims, “In low income communities fats food is easy to access and affordable, but healthy food is inaccessible and very expensive”. What source B is all very true as the nearest mcdonalds or seven eleven is very close to neighborhoods that have low-income. The less money people may have the less of healthy food they may eat. The life style as noted before can really change someone and source c took an analysis stating, “Our kids spend nearly 8 hours everyday watching tv, playing video games, using computers, talking on cellphones and texting”. Children today have access to an electronic device far more than any adult has of now. Being overweight can trigger weight to be more easier to gain if spending more than 8 hours everyday on a tv or computers. Junk food in schools just might not be the concerning part but the way a 10 year old spends his/her day by being inactive all day long. Not receiving any form of physical exercise that requires them to move around.

Lastly, kids either 8 or 14 knows or will know at one point when to stop eating junk food. Estimates can say 43% of the US population will be obese by 2018, that number is really close to 50 percent. Federal action might be making it making schools might not be the actions families may want if children can not bring food from home. Source B says, "A florida family was upset when they were told they could no longer pack lunches for their. To follow the nearly enforced national guidelines, their daughters school banned all packed lunches". This is too big of an action to take place as small children can not identify the right from wrong. All they know is that they can not eat what their parents made for them.. National action in creating healthy schools would not be successful as that would only eliminate one little part of the entire problem. Source B states, "At one middle school and highschool, kids boycotted for three weeks after their school changed their sandwiches to meet federal standards". As seen making the school healthy was not the best of options and even the kids new. Junk food in school might not look good for other people but that is no the problem in any matter. And kids boycotting shows how wrong and unsuccessful it was to take on in that action.

Junk food as nasty and disgusting it can be to healthy people, eliminating it or banning it in schools is not a positive action. Obesity is increasing and yes taking action on it is correct but doing one thing or another it does not stop the whole problem of what that is .anning food on school campus would cause greater problems than what there is now, one lifestyle either being rich or poor can greatly increase obesity especially if poor as junk food is cheap and lastly a kid knows what they want and eventually they will grow to acknowledge what is right and what is wrong to consume. Therefore schools should not ban junk food for those very reasons.