

Junk Food

Obesity, it is becoming a problem in America. Because of this, schools are contemplating whether they should ban junk food or not. Junk food should not be sold in school cafeterias because it increases the chance of obesity, loads of money is spent on these sugary foods, and it increases the risk of heart-related diseases and diabetes. To back up these claims, Source B, C and D will be used.

First and foremost, junk food increases the chance of obesity. Junk food usually has fat - inducing ingredients, such as sugar, trans fat and saturated fat. According to Source C, 25,000,000 children "... in the United States are overweight or obese. That's equal to one out of every three kids!" If schools keep selling junk food, the rate of obesity in America can change to two out of four kids, are obese. Not only that, it is going to cause more children to have more children to have obese-related or heart-related disease. Sodas, another type of junk food, have been banned too. According to Source B, "... middle schools would no longer be allowed to provided sugary drinks... to students at lunch." In someone else's perspective, this could be a poor decision and argue that students may just find a way to sneak in these sugary drinks, or just buy them outside of school and sneak them. Schools should ban junk food, because it increases the chance of obesity.

Furthermore, schools would spend less money on these sugary snacks. In America, companies that produce these fat - inducing products earn a lot of money. According to Source C, "In 2011, Americans spent \$160,000,000 on fat food. With all the money spent on junk food, world-hunger could be almost to completely gone. But instead, that amount of money spent is just causing more obesity. In further evidence, according to the same infograph, by 2018, ".. the US will spend

\$344,000,000,000 on obesity - related health care costs, the cost of 13,835,959.4 years of college education or the cost of 4,047,058,820 tickets to Disney World.” The amount of money spent on these obesity - related health care cost is unbelievable. With all that money, mixed in with the amount of money spent on fast - food, the schools that do not have physical education classes can finally afford the equipment. Schools may be able to upgrade their supplies.

In addition, there are more risks of heart - related disease. According to Source C, “70% of obese children have at least one risk for heart - disease, 30% have at least two or more risk factors.” Yes, these heart - diseases can be caused by other factors, like diabetes or other health issues, but they are most likely to be linked or caused by obesity. Diabetes is another disease caused by obesity, in where the blood has too much sugar. According to the infographic one one - third of “... kids born after 2000 will develop diabetes.” This is quite shocking because it shows the effects junk food has in this generation. There are some may argue that supporters fail to impact these diets. According to Source D, “... if supporters fail to articulate how they expect their proposed measure to impact consumers diets and ultimately improve their health.” This is true, but then again, people do not take into consideration the consequences junk food has. In the end, junk food will increase the rate of obesity, along with more risks of heart disease.

In conclusion, obesity is a big concern here in America. Junk food should be banned in schools because they increase obesity, a ton of money is spent on these snacks along with a lot of health care money, and there is a chance for more heart and obesity-related disease. If we don't do something now, and ban sugary and junk food in schools, the risks of obesity will keep increasing, which will cause more heart and obesity-related disease.