

## Junk Food

All around the world kids have been eating junk food almost everyday without realizing how it can negatively affect them later on in life. Junk food or sugary snacks taste amazing to the children in America but after eating too much of it, it is most likely to lead them into obesity or diabetes. Schools all over America have been debating whether or not they should take junk food off their everyday menus. Schools need to take junk food off their menus because of America's health crisis, junk food is addictive, and to prevent obesity from increasing anymore.

Initially, one reason why schools need to take junk food out of their menus is because of America's health crisis. It's bad enough that we have a health crisis already but it can get worse if we don't do something about it soon. According to resource A, it notifies, "Nearly 300,000 people die each year from complications associated with being obese or overweight." This can relate to obese/overweight people eating too much junk food instead of trying something else such as a salad or fruit. Also in resource A, it informs that, "Obesity is a health epidemic across our country..." Although those people may feel a pleasure when eating junk food, they don't realize how much eating a bag of chips per day (or more) can have such an impact. Because of junk food being someone's everyday food, it can increase the number of people dying per year making it a reason why schools need to take junk food out of their menus.

Furthermore, another reason why schools need to take junk food out of their menus is because of junk food being really addictive. According to resource B, it states, “... 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 flavor.” This reminds me of a show in TLC called “Freaky Eaters”, which is just about obese people eating out of control over one type of junk food. This can be cookies or even potato chips! This is definitely not how parents might be wanting their children to be when they grow up. Also in resource B, it remarked, “As far as sugary snacks, new research shows sugar may be just as addicting as crack.” This is astonishing because there’s a lot of everyday food people would eat that contains sugar. Because of junk food containing sugar that makes you want to crave more and more of it, schools need to take junk food out of their menus.

Adding on, another reason why schools need to take junk food out of their menus is to prevent obesity from increasing anymore. According to resource C, it informs, “Since 1970, childhood obesity rates have increased by 500%” The fact that it has increased by more than 100% is extremely shocking knowing it can increase every year. Also in resource C, it infers that, “43% of the US population will be obese by 2018.” 43% is almost 50% which is also shocking because if we don’t put a stop to it and let children get used to eating a lot of junk food, in the next 100 years we can say almost 60 or 70% of the US population would become obese. Some people might have a different opinion and think that even if they wanted to get rid of junk food and replace it with healthier choices, it would cost even more and some might not be even able to afford it. Even if they get rid of junk food and every 2 days per week or so replace it with

a fruit or salad can make a huge difference which is why schools need to take junk food out of their menus.

To conclude, junk food is something many children desire and if it's in their school's menu, it is most likely going to encourage them to purchase or eat it over a healthier choice. Schools need to take junk food off their menus because of America's health crisis, junk food being addictive, and to prevent obesity from increasing anymore. If junk food gets taken off school's menus it is most likely that future generations will grow up eating healthier snacks or food making them want junk food less and less. This will lead to the percentage of people being obese in America to decrease.