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Junk Food Essay

Over twenty-five million children in the United States are overweight. Schools are trying to reduce the number by banning junk food from the cafeteria. Some have stopped selling to see if this is the solution to reducing the rate of people who are “obese.” One side of this topic argues that there are other contributing factors while others say that the best way is to reduce the junk food intake at school. Over time, experts say that children will have a shorter lifespan than their parents. In various articles, such as New York Times Upfront and Medical Daily, there are many perspectives on this argument. A school cafeteria should be restricted from selling junk food due to the increase in death rates guilty pleasures, and children being bullied.

First and foremost, over the years there has been an increasement in death rates. Being obese increases risk factors of heart disease. According to the text “Nearly 300,000 people die each year from complication associated with being obese or overweight (The New York Times Upfront)”. This increasement can be lowered by banning junk food from schools. As seen in the Norton Center infographic charts, “(Seventy percent) of obese children have at least one risk factor for heart disease ... (thirty nine percent) have at least two or more factors (Eating disorder, 2012).” This will eventually increase heart disease if cafeterias don't restrict junk food from students. Unfortunately there are many more contributing factors besides heart disease and death rates such as junk food causing guilty pleasure.

Equally important, guilty pleasures contribute to child obesity. As previously said, the increase in death rates is a reason for restricting junk food but it isn't the only motive. Guilty pleasures are addictions that you secretly do but then feel bad about. According to the text, "Puffy snacks, for example, melt very quickly in your mouth, so you desire another bag...that doesn't sound too bad, but once you have three bags, that's [four-hundred fifty] calories and [seven-hundred fifty] milligrams of sodium" (Medical Daily, 2004). In other words, children are building up an addiction for junk food and they don't know when to stop. That is to say, these addictions are not healthy for them, yet the schools still sell junk food. According to the text, "As far as sugary snacks, new research shows sugar may be just as addicting as crack...[they] simply find other ways to sneak in their favorite junk foods" (Medical Daily, 2014). In other words, the way they compare this to crack shows how difficult it is becoming for kids to leave junk food. Essentially, the school cafeteria shouldn't be selling junk food to prevent these problems. One side claims that junk food should stay in schools, while the other side claims otherwise. This point of view makes sense since they already give junk food as their lunch. However, guilty pleasures and the increase in death rates are not the only factors. Junk food doesn't help children in anyway. Therefore, the cafeteria should be restricted from selling junk food.

All thing considered, schools should stop selling junk food because of children being bullied over how they look. Students judge each other based on how underweight and overweight you are. According to the Norton Center Infographic it clearly states, "26% of sixth graders are bullied, teased or rejected daily based on their size." This means that at least 1/4 of students get bullied for their weight on a daily basis. As stated in the text of Norton Center's Infographic it illustrates, "Since 1970, childhood obesity rates have increased by 500%" This proves schools

should stop selling junk food because it shows how children bullying increases as we grow.

Although some may say schools should continue selling junk food since it helps raise money, it is wrong to do so because money isn't more important than how a child feels about going to school and their healthy needs. Schools should stop selling junk food because it contributes to bullying.

To sum up, junk food in the cafeteria does not benefit the students at all. The significance behind this argument is that essentially this will help kids have a healthier lifestyle.

Discrimination is one of the motives to why this topic is being pushed. Unfortunately, body image plays a big part in our society. Over time, the cost of obesity-related healthcare costs have risen. As a result, there are an increase in death rates, junk food is a guilty pleasure, and children are being bullied in school. Making this change will help benefit children positively.