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Junk Food Essay

Junk food is now one of our nation's greatest crisis. Fast food portions have increased so have the amount of people who are obese. Many people now face the idea of being obese, and many include children. School lunches is a key role in childhood obesity, since many of the lunches include fast food. School is a factor since that is where children spend most of their time. School junk foods should be banned due to eating disorders, obesity, and the amount of money.

Due to possible eating disorders schools should ban junk food in order to stop things from worsening. An example of this is stated in Source B as it says, "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 flavor". This meaning that companies try to get consumers hooked to their products knowing that they can cause some type of eating disorder or addiction which could then cause some other health problems. Due to the fact that they put lots of sugar kids with diabetes are highly affected especially since they are attracted to sugar.

Junk food should be banned in schools due to problems with obesity. Children in this generation have more problems and run-in's with obesity than any other generation. Source C presents that, "25,000,000 children in the United States are overweight or obese. That's equal to 1 of every 3 kids!" This is a study found by the Norton Center. What this is saying, for example, is that if you pick out 3 kids from your school, at least one of them is either overweight or obese. Another reason why we should ban junk food in schools is because people die due to obesity.

Source A states, "Nearly 300,000 people die each year from complications associated with being obese or overweight." This was said by Richard J. Codey, the acting governor of New Jersey. This says that since school contributed to their obesity, they gained more weight, which led to their death. School junk food should be banned due to the bad impact it has on today's generation. However, some people believe that it should not be banned.

On the other hand, junk food should not be banned due to the affordability and accessibility. According to an article by Erica Robinson, "In low-income communities, fast food is easy to access and affordable, but healthy food is inaccessible and very expensive." This means that junk food is easier to access but healthier food is more expensive. Most people cannot afford or even access healthy foods, but junk food is available everywhere, even schools. To add on, according to an article written by Roberta Alexander and Nina Lincoff, it states "The healthy choice is rarely the affordable choice... As long as a bottle of water costs more than a soda and [food companies] market to lower income kids, obesity and diabetes rates will go up in those communities." This indicates that as long as junk food is made available to children, including at school, obesity rates will go up. In lower income communities, people are more likely to consume junk food since it is accessible and available to them.

In Conclusion, junk foods should be banned in schools due to eating disorders, obesity, and the amount of money. Infact if we do not fix this crisis the rate of childhood obesity will increase even more. Yes it would cost a lot of money, but it will go a long way towards preventing childhood obesity.

