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Junk Food Shouldn't Be Sold In Cafeterias

A bag of chips doesn't sound that bad until you are one of the 25,000 that have obesity problems. Many add onto this "junk food addiction" as in, Medical Daily.com written by Erica Robinson and in the Norton Center Infographic. Studies say that today's children will be the first generation since the Great Depression, projected to have a shorter lifespan than their parents. Junk food should be banned from school cafeterias because it may lead to obesity, a food addiction, and it may be one of the many reasons kids get bullied at school.

To begin with, junk food is one of the multiple factors may lead to obesity. Many agree that junk food isn't bad but that is because they don't know how it's damaging children. According to the Norton Center Infographic, it states that, "25,000 children in the United States are overweight or obese. That's equal to 1 of every 3 kids." Our population has increased on the much money we spend on fast food restaurants and the many TV hours we watch. Our population has drastically decreased on students who participate in Physical Education programs. Maybe this isn't such a big deal now but maybe this will affect our future. According to The Norton Center Infographic, it claims that, "43% of the U.S will be obese by 2018." Obesity in children is a problem but we are still able to put an end to this whereas if by 2018, 43% if the U.S has obesity problems, the chance of stopping this is low. By 2018 it may be too late, so why not stop now?

Secondly, junk food is causing children to get a "food addiction". There are times when you finish your sweets but you still want to have more so you take a couple more thinking nothing will

happen. According to, Erica Robinson, she stated, "Puffy snacks, for example, melt very quickly in your mouth, so you desire another bag." We have all had our times when we eat a chocolate and by the time you finish it you still want to eat more so you grab another one. Junk food or sweets maybe delicious but you always wish for more and more. Erica Robinson also said that it, "...doesn't sound too bad but once you have 3 bags that's 450 calories and 750 milligrams of sodium." Eating too much sugar is bad for your body since you need just the right amount. Sure a bag of chips with a soda doesn't sound bad, just that you are risking your health to have overweight problems.

Lastly but true, junk food leads to children being bullied at school because of their weight. At my school, most students when they see someone who is overweight they start picking on them, putting them on the spot in class, or simply just call them names. Well according to, Norton Center Infographic, it argues that, "26% of the sixth graders are bullied or teased or rejected daily based on their size." Many kids nowadays choose friends by their size and popularity rather than their interior self. Your appearance is what matters to not only kids but adults too instead about your personality. The Norton Center Infographic also shows that, "This increases to 67% by the time they reach high school." These numbers increase dramatically high by high school, so what is it trying to tell us, that the older you get you care about someone's appearance than personality more. People may think if you ban junk food you will still be able to buy it at fast food restaurants, but not if we all join in. Fast food restaurants are reducing children's lifespan.

To conclude, junk food should be banned from school cafeterias. Junk food leads to obesity, a food addiction, and a higher risk kids will get bullied which is why we have to put a stop to this once and for all. This is important because if we stop this more people will exercise more, eat healthy, and increase the lifespan of children. Schools should start having Physical Education programs so students

can stay exercised. Parents should stop giving their kids junk food so often. And we have to start eating healthier. Everyone has a role in order to reduce the population of kids with obesity problems.