

Banning Junk Food in Schools

As I grow up, I'm learning about the many kids that die each year due to obesity. Some schools are decreasing their junk foods but I don't think this is the solution to the problem. In articles The New York Times, Another Junk Policy, written by Sherzod Abdukadirov and HealthLine News by Roberta Alexander, it talks about how and why junk food should not be banned from schools. These sweet snacks can be found anywhere so taking it away from one place only does not help a child's loss of weight. I think junk food should not be banned from schools for three reasons: it does not decrease the amount of it eaten, helps make money when needed, and there are better ways of helping kids with overweight problems.

To begin with, junk food should not be banned from schools because it does not decrease the amount of it eaten each day. Cafeterias can serve healthy foods and snacks during school hours, but what about after? According to source D: Another Junk Policy, it says, "They found that while students in states with soda restrictions had less access to soda in school, they did not reduce their overall consumption." If my school banned chips and energy drinks from it, does that mean I will stop eating and drinking them completely? No, I can easily walk to a store and buy even more fat foods than what they sell in a cafeteria! Getting rid of sweets in one place does not make a kid have healthier food choices. Evidence for this can be found in Source A: The New York Times Upfront that says, "An across-the-board junk-food ban does not teach young people how to make healthy choices; it simply removes some of their options." Kids are smart and know where to run if they want a nice snack. Seven hours in school won't stop them from getting what they want. I think junk food should not be banned from schools.

Secondly, school should not restrict fat foods because it can help make money when they need it. Not all schools are swimming in money, some just need more than others and selling these types of snacks can help. Source E: HealthLine News says, “Lucrative contracts with soft drink or candy manufactures have often paid for activities that financially strapped districts could not afford.” Last year, I was a Leadership class student at my school. Sometimes, we wanted to be able to go on many field trips and cool places but unfortunately, we couldn’t because of money issues. My teacher had the bright idea to start selling candies to students on and off campus. In a few months, we had more than enough to go on many field trips. Junk food is very helpful during rough money situations. In source E, it also says, “They concluded that schools that are under financial pressure are more likely to make junk food available to their students.” Many times, selling these type of foods is the only way to raise money. What would low- income schools do without it? Junk food should not be banned from schools because it helps raise money.

Lastly, these foods should not be banned because there are other ways to help overweight kids. More exercising can be very helpful to a kid that eats too much sugar and fat. Source A provides us with information about this that says, “Improving what we teach about nutrition and requiring more physical activity are better ways to approach obesity than imposing statewide junk-food bans.” Maybe instead of restricting all fat food from schools, they should provide a health class to all students on campus to let them know about staying in shape. More exercises in PE classes can also help with overweight students. Adults can’t just say that removing junk food is the way to end obesity, they need to be sure about it. Source D: Another Junk Policy says, “If we are to make progress in fighting obesity, we need policies that are based on clear evidence of

their effectiveness – not wishful thinking.” Decreasing child obesity problems does not depend on feeding them healthier snacks only. Kids need to limit what they eat and exercise a lot, not just at school at home too. Some people think that junk food should be removed from schools because it helps reduce the number of deaths caused by illnesses like diabetes type two.

According to Source A, it says “Obesity is a health epidemic across our country, and we have a responsibility as a government and a society to do all we can to promote good nutrition and healthy eating so we can reverse this alarming trend.” Although most people say that abolishing junk food is the right thing to do, I believe it is not because there are better ways of helping kids with their health problems.

In conclusion, we know the whole world can’t have junk food banned from schools and they have no control over what the students eat and do not eat while they are at home. Junk food should not be banned from schools for three reasons: it does not decrease the amount of it eaten, helps make money when needed, and there are better ways of helping kids with overweight problems. As a teenager, knowing that some kids have chips and soda for breakfast is sad because we don’t know their parents’ situation. Maybe they don’t have enough to feed their children a decent plate of food and these fats are the only thing they can afford. Educational places shouldn’t remove these foods because it won’t save someone’s life.