

Daniel Garcia,

Allyson Alavez,

Rodolfo Morelos,

Ariana Figueroa,

Yamileth Silva,

Deborah Park-

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Junk food in Schools?

Chips, pizza, hamburgers, and sweets are some examples of junk food that the average kid craves almost every day. Children say they taste delicious, but too much of these tasty foods can be a threat to them and can lead to childhood obesity. Obesity is the state in when a person has too much body fat in their body and can lead to health risks as an adult and more at later ages. According to Childhood Obesity, a non-fiction infographic by Norton Center, “25 million kids were overweight or obese in 2012. Since 1970, childhood obesity rates have increased by 500%.” This is a serious case, as obesity can lead to high blood pressure, high cholesterol, and diabetes. One of the main causes of childhood obesity is by school cafeterias. Schools serve unhealthy food such as pizza, chips, high-fat snacks, high-sodium snacks, and sweets. Children would mostly pick these foods than a fruit, vegetable, or a sandwich. Schools should stop serving these foods in order to stop or lower the childhood obesity epidemic. The sale of junk food in schools should be prohibited because of the obesity rate in children, it increases chances of bullying, and because of the addiction to junk food.

First of all, junk food should not be sold in schools because it contributes to obesity in children. The obesity rate in children is already so high, more junk food just worsens it. According to the Norton Center Infographic, “25,000,000 children in the United States are overweight or obese, that’s equal to 1 of every 3 kids.” Considering the fact that in every classroom, there could be about 10 kids that are obese, imagine how much that would increase with the distribution of junk food at schools. Soon, that one-third of America’s population, will turn into a half, and keep growing as the years’ progress. Sure, the rate of obesity has stabilized, however, according to “Battle Intensifies to Keep Junk Food Out of School Lunch Rooms,” “The prevalence of fifth-graders who were overweight or obese increased slightly each year from 2001 to 2005, from 43.5 percent to 46.6 percent.” The obesity of children has normalized, however, with the sale of junk food could come an increase in this rate. The continuous sale could lead to a yearly spike in the rate of obesity in children. Even though some may say that the ban won’t be effective because their everyday lives can’t be controlled, school is where children spend most of their time. It is where children pick-up habits, buying junk food every day could lay a foundation for a lifetime of unhealthy decisions. Not only would the distribution of junk food engrave unhealthy habits in their brain, it will also lead to a lifetime of bullying.

While junk food contributes to obesity it also opens the doors to bullying. In many schools, bullying is a problem and most of it is aimed at obese kids, and teens. Schools sell “snacks” that are filled with calories that make you want more, those calories accumulate faster than burned. According to the “Norton Center Infographic”, it claims, “26% of sixth graders are bullied, teased or rejected daily based on their size”. The 26% could be prevented if schools stopped contributing by selling the main factor of obesity, which is junk food. Bullying makes

the student's self-esteem lower which leads them back to buy more of the unhealthy food to make the "feel better". Again, the "Norton Center Infographic" states, "This increases to 61% by the time they reach high school". Now the bullying rate is stronger in high school due to the student's size. By getting bullied for their size the students get accustomed to getting bullied and do not think about stopping their eating habits. Due to this, many students get addicted to junk food but, do not seem to care by cause of them being used to bullying already.

Last but not least, the sale of unhealthy foods should be banned because it leads to addiction to junk food. According to Erica Robinson in MedicalDaily.com, "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 450 calories and 750 milligrams of sodium." When children are presented more sugary they will feel the need to buy one more. By having junk food in schools they are promoting child obesity and the temptation of buying one more piece. As stated in MedicalDaily.com, "As far as sugary snacks, new research shows sugar may be just as addicting as crack." The sugar pressures students to buy more because of how addicting it is. If the schools banned junk food, not only will it help decrease the amount of junk food addictions, but child obesity as well.

With this in mind, states should ban junk food in schools due to the high obesity rate in children, the addiction to junk food, and the high chances of bullying based on their size. Referring to statistics one of every three children are overweight or obese this affects about 25,000,000 children in the United States. This will impact our future since today's children will be the first generation since The Great Depression to have a shorter lifespan than their parents.