

EBA #2 Final Draft: Junk Food

Being obese is a serious health issue. Many and many more children are growing up eating junk food, which if eaten excessively can lead to a life of obesity. Source A by The New York Times Upfront, source B by Erica Robinson, and source C, an infographic, talk about why junk food should be banned at school. Since 1970, childhood obesity rates have gone up by 500%. Junk food should be banned from schools because of health issues, junk food addiction, and money.

First of all, junk food causes serious health issues. Each year obesity rates increase giving kids higher chances at diabetes and heart problems. A non-healthy diet can increase the chances of a stroke due to high blood pressure or cholesterol. Sometimes more serious problems can occur. According to Source A, "Nearly 300,000 people die each year from complications associated with being obese or overweight." As the rates increase almost every year it seems logical that the death rates will go up. Kids spend most of their time at school. Horrible habits develop at school starting with junk food. How kids eat at school can change how they eat at home. The problems can last for a very long time. Source A states that, "Poor eating habits developed at an early age lead to a lifetime of real health consequences." If a kid eats early at a young age and continues to do so, imagine what he will eat when he has a job and has the liberty to eat what he wants. This may also mean he won't enforce healthy eating habits onto his own children. Junk food should be banned from school to help prevent health issues.

Secondly, kids are more susceptible to getting addicted by junk food. Junk food that contains a lot of sugar can make sugar more addictive than crack. The puffy snack that melt quickly in your mouth make you want to eat another bag. Without help kids will eat poorly. According to Source B, it states that, "As far as sugary-snacks, new research shows sugar may be just as addicting as crack." Kids love tasty foods so without any authority figure telling them not to, they will keep craving the food and eat it a lot. This again increases health issues and makes them more addicted to junk food. Think about the issues that can arise. In Source B, they say, "One bag of Cheetos has 150 calories, according to Frito Lays nutritional label. That doesn't sound too bad, but once you have 3 bags, that's 450 calories and 750 milligrams of sodium." If school doesn't ban junk food and parents don't tell kids to stop. Then kids can eat more than 3 bags. School Should really ban junk food because of the addiction it can get kids into.

Thirdly, there is a lot of money that gets wasted due to obesity health issues. The US spends a lot of money treating health related problems. Money that can be used for something else. According to Source C it states, "By 2018 the US will spend \$344,000,000,000 on obesity related health care costs." Think how many people would need to have obesity problems to be able to waste that much money. This can be prevented with healthier eating habits. Healthier eating habits can happen if schools banned junk food. Money is a real issue. Source C states that, "Children treated for obesity are 300% more expensive for our health care system than kids of a healthy weight." All this money being wasted. All of the money could be used to help the homeless and help world hunger. Many kids could use the money to afford an education. Although people might not think that this money matters. It does! 344,000,000,000 is enough for 13,835,959 four years of college. Junk food should be banned because of these money issues.

In conclusion, junk food should be banned because of health issues, junk food addiction, and money issues. This issue is important because more and more children don't get a chance at enjoying a healthy sick-free life. Many more people would have an education which can bring more money towards the US. Stopping and banning junk food consumption can stop obesity and will allow a brighter future for the US.