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Junk Food Essay

Obesity rates are rising and junk food is the culprit! School cafeterias in the U.S. continue to sell junk food to students. Schools need to take action so children grow up healthy and strong. If schools don't ban junk food, 43% of the U.S. will be obese by 2018. In the articles: MedicalDaily.com, Norton Center Infographic, and Source A; by Richard J. Codey, all give examples why school cafeterias should or should not ban School cafeterias should ban junk food because of the complications of obesity, junk food addiction, and costly expenses.

To begin with, school cafeterias should ban junk food because of the complications of obesity. Obesity leads to diabetes, which is what $\frac{1}{3}$ of kids will get after the year 2000. If school cafeterias consider to allow junk food. Richard J. Codey, the Governor of New Jersey, states, "Nearly 300,000 people die each year from complications associated with being obese or overweight." A portion of the 300,000 people also become obese through junk food in school cafeterias. If schools were to ban junk food in cafeterias, the death count and number of obese children would lessen. According to Norton Center Infographic, "70% of obese children have at least one risk factor for heart disease and 39% have at least two or more risk factors." Children who are overweight from junk food at school have a 70% chance to develop problems with their heart. Yes, kids get to develop the joy of eating those puffy cheese snacks, but in the long run, it

won't be fun knowing that they didn't have a longer lifespan than your son or daughter. Schools should ban junk food in cafeterias because of obesity.

To add on, school cafeterias should ban junk food because of junk food addiction. Since the year of 1970, children obesity rates have increased by 500%. According to MedicalDaily.com, the author states states, "He told Mental Floss that some foods are purposely made with ingredients so that you crave more food or you just add enough sugar or salt until your mouth explodes with flavor." This leads to junk food addiction because you will always be craving more junk food. The craving of more junk food will then lead to obesity and that's bad. Sugary snacks can become a drug; according to MedicalDaily.com, the author tells us, "As far as sugary snacks, new research shows sugar may be just as addicting as crack." If it is addicting as crack, children will want to eat sugary snacks all day long. If children are eating sugary snacks all day long, it can lead to diabetes so in order to prevent that schools should ban junk food. Junk food addiction is bad so schools should ban junk food not only because of junk food addiction, but also because of costs. People think that schools should not ban junk food because all it does is just removes a food option. The truth is that schools do this so kids can make the healthy choices and not become obese.

Furthermore, schools should ban junk food because of costly expenses. About 25 million kids are overweight obese in the US. According to Norton Center Infographic it informs, "By 2018, the US will spend \$344,000,000,000 on obesity-related healthcare costs." If civilians made better food choices, we wouldn't be spending our money on obesity-related healthcare costs. We could've been spending our hard earned money on resources like food and water. Money we spend on obesity-related costs may also increase our countries debt. In the Norton Center

Infographic, the author states, “Children treated for obesity are 300% more expensive for our healthcare system than kids of a healthy weight.” If this continues, we will end up in a big hole that we cannot get out of, high debt. The U.S. will spend so much money on the obese kids. Keeping that in mind, by 2018, 43% of the U.S. population will be obese and we will not have the money to treat them. By banning junk food, these costly expenses can be avoided.

Given these points, banning junk food from school cafeterias will make children healthier, and reduce preventable expenses. Complications of obesity, junk food addiction, and costly expenses can all be prevented if schools ban junk food. Obesity has increased by 500% since 1970, so by banning junk food, schools will greatly decrease the amount of children obese, and encourage healthy lifestyle choices. The fewer children suffer from obesity, the fewer we will spend on healthcare. We will be able to focus on treating other diseases and saving more lives. If children are not exposed to junk food at school, the less likely they will be eating junk food. This can have positive effects on children as it will influence them to become healthy.