

To Eat or Not to Eat

One in every three kids in the United States alone are overweight or obese. Several articles address this obesity epidemic that is happening today such as New York Times Upfront (Source A), Medical Daily (Source B), and Another Junk Policy, as well as an infographic (Source C) that shows how rapidly this problem is spreading and how it's now occurring to children as well. Due to the high risks that adolescents now have at being overweight, schools everywhere are debating on whether or not junk food should be ban from being sold to students at school. Junk food in schools should not be ban because banning junk-food will not make a difference within the students since they will find another way to consume junk-food, schools will be removing choices from their students and kids eating junk food is not the main reason for obesity within people.

To begin with, if schools ban junk food from being sold, it would not make a difference to students because they will only find another way to eat junk food. Kids are told a lot by adults to enjoy their time while they're still kids, and what better way to do so than to eat everything you can! According to Source D, the author wrote, "While students and states with soda restrictions had less access to soda in school, they did not reduce their overall conception. Instead, they compensated for the restricted soda access by either bringing it with them or drinking more soda outside of school." Obesity rates will not change if the school board bans junk-food. This only will affect students more since they would consume more junk food than what they already began with. According to Source B, the article says, "Some children may adjust and embrace the healthier options, while others may choose to stop eating school lunch or simply find another way to sneak in there new favorite snack." What the author said is very

much true since children have a habit of not accepting a simple “no.” In my case, my school is very close to many places where junk-food such as chips and soda and other snacks are sold. In fact, there is a 711 only one block away from school, while there is also a Walgreens in the corner of the street where the school is located! It would only take about 5 minutes of walking for any student to have access to any kind of junk-food. Thus, removing junk-food from schools will be pointless.

Secondly, The school board should not remove junk-food from their students because they will be removing the student’s options. Adolescents and children should eat healthy foods because they believe it’s the right choice for themselves, and not because authority removes everything that they start believing will cause harm to our bodies. In source A it states, “An important part of education is learning to make good choices. An across the board junk-food ban does not teach young people how to make good choices; it simply removes some of their options.” By the school board deciding on removing junk-food students will feel obligated to eat healthy food choices which can lead to adolescents hating foods that are healthy for the body as opposed to them liking it. It will not only cause negative responses from students at school but it will also remove a huge part of a kid’s life, which is the ability to make right choices. Knowing whether something is right or wrong for you is a lesson that all human beings have to learn, and by removing a bad choice from students in schools, they will not learn anything about how food choices affect a human body, therefore leaving students unaware of the obesity problem. Also, in Source A the author wrote, “Banning junk food without any other strategies and local decision making is a superficial remedy that dilutes personal and local responsibilities.” If the school board bans junk-food without doing anything else to prevent kids from being obese, then nothing

will change since kids can simply eat junk-food at home. In order to get an improvement within adolescents, schools should do other things as well, such as provide information students with information on this obesity epidemic.

Finally, The school board should not remove junk food from schools due to the obesity epidemic because junk food is not the main problem for which kids are overweight. Any kid should be able to eat whatever they desire because kids being overweight is not due to them eating too many unhealthy foods, it is because they do not exercise at all! According to Source C, an infographic shows, “Our kids spend nearly 8 hours everyday watching TV, playing video, using computers, talking on cell phones.” A huge reason for this can be due to the the fact that kids nowadays are on social media communicating with other people. It is true that children spend a lot of time on a device, however this could easily be resolved if parents spend more time with their children, and what better way to do so than heading to a park to play soccer or catch, or by going on a family run every now and then! It is well known by everyone that parents influence a majority of the things that children do. Since parents play a huge role in a kid's life, making physical activity a routine will make a difference for everyone not just the kid. In the infographic it also shows how, “92% of elementary schools don’t have year round physical education programs.” Requiring more physical activity in all schools across the board is a more productive and better way to approach child obesity. Schools should also provide and teach their students about healthy food choices while also giving them facts about why it is so important to maintain a healthy body and the benefits that come from having a strong, healthy working body in the future. For example, in my school there are so many sports that boys and girls could join all year round! It allows students to get active more while having fun at the same time! Although

some people may argue that adolescents should cut down the amount of junk-food that they consume everyday, it would be way more productive and easier for kids to be active more than to have to give up a bag of Hot Cheetos.

In conclusion, Kids have a high chance of being overweight due to the Obesity epidemic occurring in the United States. Because of this, Schools are deciding on whether it would be a wise choice to ban junk food from being provided in schools. Junk food should be available to students and not banned because it will not make a difference for students since they will only find another way to eat junk food, junk food is not the main problem for kids being overweight, and schools would be removing the choices from their students. It is important to be aware of how high the risks are for everybody, especially children, at being overweight in the future or even now. Children are the future, as everybody knows, let's make sure that our kids grow up to have strong, healthy bodies!