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Junk Food Essay

Junk food is creating a crisis in America. 300,000 people die each year from obesity or overweight. Children with obesity have a high risk factor of heart disease. Millions of dollars are spent on obesity-related healthcare costs. To stop this, schools need to stop selling junk food in cafeterias. Junk food should not be sold for three reasons, obesity, heart disease, and the loss of money.

The first reason why school cafeterias should stop selling junk food is because of obesity. According to an article titled, "Should States Ban Junk Food In Schools?," it states, "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." This is why schools should not allow junk food in schools, junk food causes obesity and if schools don't put a stop to it, children will just keep eating it. Schools should teach students that junk food can cause obesity and should stop selling it. This doesn't mean children should stop eating it for life, it just means that they should try eating healthier food so that in the future they won't have obesity. Schools are the number one place to teach a child about obesity. Many researchers have discovered that junk food and obese create morbidly obese. In, "Another Junk Policy," it states, "In a recent study, researchers at Cornell University found that the relationship between junk food and obesity is driven primarily by morbidly obese." Instead of selling junk food, schools should give healthier food like carrots or apples. Children have to learn that obesity can be a really bad experience to have in the future, this is why they should eat healthier and

even if schools don't ban junk food, children can stop buying it. Obesity can also be related to heart disease or diabetes. Schools should stop selling junk food to prevent obesity and heart disease.

The second reason why schools should stop selling junk food is to prevent heart disease. According to an infographic it states, "70% of obese children have at least one risk factor for heart disease thus 39% have at least two or more risk factors." Therefore, schools should stop selling junk food to prevent heart disease. Everyone should be alert of heart disease because this can lead to death, which no one wants. To impede from dying from heart disease, schools should stop selling junk food and students should stop buying it. In future generations we are going to have a lot of people with obesity or heart disease if schools don't stop selling junk food. Anything that is related to chips, candy, or sugar drinks is considered junk food in schools. According to an article titled, "Battle Intensifies To Keep Junk Food Out Of School Lunch Rooms," it states, "Two workshops were held for teenagers on the dangers of sugar beverages and the climbing rates of type two diabetes." The more schools give sugar beverages, the more heart disease there are going to be in the future. If schools want healthier and well concentrated students they should stop selling junk food. To cure these diseases or illnesses people need to pay a lot of money. Many people are losing a lot of money just to cure their obese or type two diabetes. We need to stop this.

The third reason why schools should stop selling junk food is to impede from wasting a lot of money. Many people that buy junk food tend to lose money without noticing. For example, in an infographic titled, "Norton Center Infographic," it states, "In 2011, American spent \$168,000,000 on fast food... that's the same amount of money we spend in obesity-related

expenses or nearly enough money to end world hunger.” All that money being wasted could have been used for something else but since schools won’t stop selling junk food we can’t do anything about it. This same amount of money or even more can also be used for overweight according to an article. In the infographic it states, “ By 2018, the US will spend \$344,000,000,000 on obesity-related healthcare costs.” In the future we are going to be wasting a lot of money just to cure obesity. We can do something about this, schools should stop selling junk food. No one should waste this much money for buying junk food and then curing it. All of us should be in this together, we can all prevent losing a lot of things. Schools should stop selling junk food.

In conclusion, junk food should not be sold in schools. Junk food should not be sold in schools because of three reasons obesity, heart disease, and the loss of money. Some people agree or disagree that junk food should be sold in schools. The ideas of junk food being sold in public schools relates to the crisis in America caused by obesity. Ethics show that millions of dollars are wasted on obesity-related healthcare casts that could end world hunger. The big idea of why junk food should not be sold in schools is because it causes a crisis on America.

Unanswered questions that remain are how obesity is going to end and how the crisis in America will end as will?