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Banning Junk Foods in School Cafeterias

Many schools have been trying to ban junk foods from the cafeteria. In the Sources, A an article by New York Times Upfront, B an article by MedicalDaily.com, and C a Norton Center Infographic, the authors describe how junk foods given at school have positive and negative effects. New Jersey was the first school in the nation to ban school junk foods. There has been school vending machines that have no longer been able to sell snacks that are really high in fat and loaded with sugar. Although there has been some conflict with angry students, I believe soon they will get use to it. Personally, I believe that the schools should ban junk foods and no longer sell them in school cafeterias for three main reasons; it is making kids become more obese, it will help students make healthier choices, and it is affordable plus it will help teach the students the importance of eating healthy. This leads to the question, 'Should junk food be sold in school cafeterias?'

Initially, the first reason on why I believe schools should ban junk food is because it is causing many people to become obese. In Source C, and infographic it shows, "70% of obese children have at least one risk factor for heart disease and 39% have at least two or more risk factors." This explains the effects that may be caused if you are eating too much junk food. Source C also mentions, "Since 1970, childhood obesity rates have been increased by 500%." It shows how much obesity has been raising due to junk food or eating too much of it. This is a

very big deal, so much that some schools no longer serve pizza, chicken fingers, or even french fries during children's lunch time. If schools keep giving out junk food the amount of obesity kids will increase tremendously. Even though sometimes it is fine to eat junk, some people eat it everyday and this can be a harm to their health. There is at least one in every three kids who have become overweight or obese, "There's about 25,000,000 children in the United States that are overweight or obese." Can you believe that? That is almost the entire population!

Moreover, the second reason why schools should ban junk food in school cafeterias is because it will help children make healthier food and life choices. If students eat healthier, their health will be better and will reduce the chances of getting heart disease. In article A, The New York Times Upfront, a news magazine, it states, "We have a responsibility as a government and a society to do all we can to promote good nutrition..." Not only are we trying to make healthier choice by ourselves but also work through this as a community. Due to poor eating habits, America is facing a crisis. Source A also mentions, "Poor eating habits developed at an early age lead to a lifetime of real health consequences." If we start banning junk foods now, then the future generations will be able to live a healthier and longer life span. You may be thinking that it is ok for a student to be eating whatever they want because they are just kids, well... that may be wrong. Children at a young age can start developing diabetes, high cholesterol, or even obesity. It is better to be safe than to take risks of such that may damage your health or put you in dangers of maybe even dying.

Beyond this, the third reason on why schools should ban junk foods is the fact that it is more affordable for schools and it will help teach the students the importance of maintaining healthy. In other schools some vending machines will be cut off during breakfast and lunch to

support and follow the guidelines of the U.S. Department of Agriculture's Smart Snacks in School nutrition standards. As mentioned in Source B, it explains how Michelle Obama's "Let's Move" campaign works, "...created by the first lady to help reduce childhood obesity and make healthier foods accessible to low income communities." This means that with her help healthier foods will be more accessible and more affordable for the schools. Therefore, eliminating the junk food will not only help us be healthier but also make it more. Source B also states, "... we can rely on education to help teach kids and parents the importance of eating nutritious foods and the dangers of excess fast foods." It explains how throughout the time kids will get use to it and learn about how and why it will help us be healthier. Without learning about the actual reason on why we should ban junk foods in school cafeterias, we can put ourselves at risks. For example, if we eat too much junk soon we will be overweight.

In conclusion, junk food is very delicious but the more we eat the more we hurt ourselves and our body. I believe that junk foods should not be sold in school cafeterias for three reasons; it is making kids become more obese, it will help students make healthier choices, and is more affordable plus will help teach the students the importance of eating healthy. By stopping this now we will be helping save lives and people. Don't let junk junk foods affect your health. You can become a person without the risks of becoming obese, overweight, getting high cholesterol, diabetes, or heart disease. The next time you eat a ton of junks think about how it can be hurting your health. Stop junk foods from being sold at school cafeterias.