

Junk Food

Many schools are debating whether or not junk food should be sold at school cafeterias. Sources A,C, and E offer both good and bad opinions on whether schools should, or should not be selling junk food. Almost 50% of the United States is expected to be obese in 2018. School cafeterias should stop selling junk food because more kids are becoming obese, kids are starting to get bullied for their size, and obesity leads to health problems.

The first reason schools should cancel junk food is because more and more kids are becoming obese. According to Source C, "Since 1970, childhood obesity rates have increased by 500 percent. This will affect many people because, kids will become more and more inactive, and lose the exercise they need to stay healthy. Also, according to Source E, obese fifth graders have increased in 2001-2005 from 43.5% to 46.6%. This probably impacts schools a lot, because parents will start to think that the school their child attends feed them nothing but unhealthy foods.

Another reason schools should ban junk food from being sold at their school is because, kids are being bullied for their size, or being obese. In source C, it states 26% of sixth graders are teased or rejected daily for their size. This may even be the main reason that bullying is a big problem in some states. In the same Infographic, it states that by highschool, 61% of obese children are bullied. The consequences of all this may be an increase to suicide rates.

And finally, schools should discontinue marketing junk food in their cafeterias because, obesity leads to health problems. Source A identified that poor eating habits developed at an early age leads to a lifetime of real health consequences. This will most likely mean these lifetime consequences will affect some people's ability to do activities healthy people can do. The last piece of evidence I have is from source C, and it states, 70% of obese children have at least one risk factor for heart disease. In other words when some of these children become adult grow up, they will have heart disease and even risk death.

In conclusion, school cafeterias should stop selling junk food because more kids are becoming obese, kids are starting to get bullied for their size, and obesity leads to health problems.