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Junk food

“25,000,000 children in the united states are overweight or obese.” Evidence found in Source A: The new York times upfront- the news magazine for teens Source B: Medical Daily.com, Source C:Norton center Infographic and Source E: Healthline news. All around the state schools are working on reducing junk food completely. Close to 300,00 people die of difficulties because of obesity or are overweight. Based on evidence found, Junk food should not be sold in school cafeterias because these junk food contain too much sugar and fat, rating are increasing and students will have one less place that provides junk food.

To begin with “since 1970, the average daily caloric intake has increased by 10%, that’s 200 calories each day” (source C). Sugary items have been around for a while why not try to reduce it now. First of all “Items that list sugar as the first ingredient will be eliminated and snack will contain no more than eight grams of total fat and no more than two grams of saturated fat” (Source A). By reducing items with sugar and fat it could potentially reduce obesity another causes. Too add to that “you will have choices, but instead of candy or chips, you may decide between an apple or carrot sticks” (source A). Not only they will remove junk food but they will also replace it for a healthy choice. I have seen a movie in which junk food is replaced by a healthy snack.

Furthermore, because of junk food, ratings are going up. One out of every 3 kids are overweight or obese. According to source F “As long as a bottle of water cost more than a soda and [food companies] market to lower- income kids, obesity and diabetes rates will go up in those communities.” This can cause and the kids with low income rates to eventually have to pay when they are able to afford it or can cause debt to the county. Continuing, based on source C “since 1970 children obesity rate have increased by 50%. This indicates if this rates continue to increase it can cause great damage to society.

Finally, Junk food should not be sold in schools cafeterias because then there would be one less place for children to consume sugar. First off “Although Obama can’t control what parents feed their kids at home, she believes offering only healthy options at school will reduce childhood obesity rates” (source B). The piece of evidence clearly show by reducing the sugar from school obesity can decrease. Too add to that there are people who are also trying to reduce it “The healthy, hunger- free kids act of 2010 was created to lower these alarming statistics by setting new federal standards on foods” (source B).We can make a change in not only schools but in stores to, this way there would be less places to find junk food.

In conclusion, there are many consequence when ingesting junk food. Based on the evidence junk food should not be sold in school cafeterias because these junk foods contain too much sugar and fat, rating are increasing and students will have one less place that provides junk food.