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H Language Arts

EBA #2 Final Draft (Junk Food)

As many as 93% of high school and 92% of middle schools have an a la carte line, which mostly sells junk food. Some articles that keep in mind this fact are Source A: The New York Times UpFront- The News Magazine a Teens, Source B: MedicalDaily.com, and Source C: Norton Center Infographic. There is an obesity epidemic that kids today face. Some schools are thinking about banning the selling of junk food on their campus. Other schools already have. The schools want to find a solution to the obesity health dilemma and the banning of selling junk food in their cafeteria was their solution. Junk food should not be sold of selling junk food in their cafeteria was their solution. Junk food should not be sold in school cafeterias because junk food might lead to obesity, it contains many calories and sugar, and the health care cost of treating the disease, obesity, will be high.

Firstly, junk food should not be sold in school cafeterias because it leads to obesity. The obesity crisis is fairly new, but growing. Source A 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 (paragraph 4)." We all need to come together in America and realize this is a crisis. We first need to start with schools because that is where they learn new and exciting things. Schools need to teach them healthy eating. Source A also explains, "America is facing a crisis because of our eating habits, 60 million adults (20 percent America is facing a crisis because of our eating habits, 60 million adults (20 percent of the population) are obese (paragraph 1)." Adults are our teachers at school. Children look up to them and want to be like them. We can't have our children grow up to be obese. Schools and teachers need to leave them down a better path. To do that we need to stop selling junk food in school cafeterias because junk food leads to obesity.

Secondly, it should not be sold because junk food contains many calories and sugar. Junk Food is highly addictive and we might not know how many calories we are putting into our bodies. Source B states, "One bag of Cheetos has 150 calories, according to Fritos Lays nutritional label. That doesn't sound too bad, but once you have three bags, that's 450 calories and 750 milligrams of sodium (paragraph 8)." Cheetos are a common snack food for kids. Most children might eat more than one bag and once they eat more than one bag a day those children get addicted. They can also get addicted to any other junk food out there. Those calories count. Source B says as well, "According to the new rules, middle schools would no longer be allowed to provide sugary drinks, like lemonade, and fruit punch,... (paragraph 2)." Kids love sugar, but most of them eat too much of it. Schools need to cut that intake so they will eat less of it. Even small amounts of sugar being cut from their diet will be a big help. Junk food should not be sold in school cafeterias because it contains too many calories and sugar.

Thirdly, junk food should not be sold in school cafeterias because the health care costs of treating the disease, obesity, will be high. Healthcare is expensive as it is, having a health

problem will make it rise even more. Healthcare is expensive as it is, having a health problem will make it rise even more. Source C tells us, "By 2018, the US will spend \$344,000,000,000 on obesity related to health care costs (paragraph 11)." The costs of being taken care of will be a burden on your back and your child's back when they grow up if we don't stop this growing epidemic. If our children lower their junk food intake, which may cause them to not become obese, the costs of health care will be lower. Source B also states, "Children treated for obesity are 300% more expensive for our healthcare system than kids of a healthy weight (paragraph 13)." This amount of money is way too much on our healthcare system. To stop it from breaking, we need to stop the obesity crisis in the U.S, which is caused by junk food. Others may have a different opinion and argument about this topic, like in source A it tells us, "to begin with, there is a problem defining junk food (paragraph 7)." Schools may not know which foods are classified as "junk foods" and that could be a real crisis for them. Although schools may not know which foods are classified as "junk food", junk food should not be sold in school because the health care costs of treating the disease, obesity, will be high.

In conclusion, junk food does not have a positive effect on children. Junk food should not be sold in school cafeterias because junk food might lead to obesity, it contains many calories and sugar, and the health care costs of treating the disease obesity will be high. This is important for people to agree with because America needs to pick up its act and start living a healthy lifestyle. We need to create a better, healthier, and more happier future for all children.