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### Junk Food Restrictions

Children from across the U.S. have health problems, mainly heart related due to obesity. The articles used are, Source B: MedicalDaily.com, Source C: Norton Center Infographic, and Source E: Healthline News. Obesity has been a problem in America ever since fast food restaurants opened up. Since fast food was made to have great taste, most americans ended up addicted to junk food. Since then people have been trying to get rid of junk food in schools like soda, chips, snacks, and candy. I go against these people because even if they take away the junk food, kids will always have easy access to junk food outside of school, they might stop eating at school, and they will try and get ahold of it due to its taste.

First of all, kids will always have easy access to junk food even if it's taken away from schools. For example, the kids could go to a convenience store and buy some chips, soda, candy if they don't already have it at home. As shown here on Source B: MedicalDaily.com, "In low-income communities, fast food is easy to access and affordable..." This goes to show that kids can buy junk food outside of school whenever they want, especially if they live in low-income communities or not junk food will have a common presence at home. If there isn't any junk food at home kids can easily just go out and buy some at supermarkets, liquor stores, and gas stations. While fast food has a presence in all areas, low-income or not, there will usually be a fast food restaurant near by. Also according to Source E: Healthline News, "Their parents also lack nutritional knowledge and face steep prices for healthful fare..." This goes to

show that most parents don't know the difference between healthy food or unhealthy food for their children. Either that or they want to eat as healthy as possible but it is almost impossible for them because it is just too expensive to even risk buying healthy foods weekly. Even if junk food was taken out of schools, most children would have easy access to it at home or stores. But most can't afford eating healthy or their parents aren't really educated in nutrition, for example the difference between unhealthy and healthy.

Secondly, if junk food does get taken away from schools, it's possible that kids won't eat at school anymore, or they might just eat homemade lunch with snacks inside. Especially if only healthy choices are given, since most kids dislike what is healthy and would rather prefer the unhealthy foods for their taste. Kids might boycott at the schools like how a high school and junior high did. According to Source B: MedicalDaily.com, "At one middle school and high school, kids boycotted for three weeks after their school changed their sandwiches to meet federal standards" They boycotted for three weeks just because the sandwiches that were given out at school were changed to meet the new federal standards, now imagine if they were to do this to all of the schools in America and students were to boycott for their food back. When Michelle Obama changed the lunch menu from non-healthy foods to healthy food, the kids responded by not eating anymore and caused a blow up of hate on twitter as according to Source B, MedicalDaily.com, "The hashtag BringBackSnacks is flooding twitter feeds... its a result of Michelle Obama's new policy, 1,086,000 students stopped buying school lunch" This shows what actually happened when they took away junk food on a large scale in schools across America. They stopped eating at schools just because of Michelle Obama's new policy, they protested on twitter and 1,086,000 protested though not buying school lunch anymore.

Finally, kids will always continue to search for ways to get their hands on junk food due to its taste, and its cheap cost. That's one of the only reasons that we even buy junk food, because if it tasted as bad as it affects our health we wouldn't eat it. But we do eat it because they make their food taste good as According to Source B, MedicalDaily.com, "... some foods are purposely made with bland ingredients so that you crave more food or you just add enough sugar or salt until your mouth explodes with flavor". This shows how all of the fast food companies make blandish food and just continue to add more flavor every once in awhile just to keep customers satisfied. Another way they hook you onto junk food as according to Source B, MedicalDaily.com, " Puffy snacks, for example, melt very quickly in your mouth , so you desire another bag. " This means that when you chips or anything "puffy" it will just leave you craving more of it because of its great taste but small duration inside your mouth. Though obesity could be handled a little better by taking junk foods out of schools, it wouldn't make that much of a dent and kids would rebel or eat more of it outside of school.

In conclusion, even if we were to take junk food out of schools, not much would change due to the fact that the kids would have easy access to it outside of school, they will probably stop eating at school, and they will continue to eat junk food because of its taste.