

### Band junk food

No more junk food at school! There has been only two sides on trying to not band and band junk food from school for various reasons but even so, today 16 states have participated on volunteering to follow school nutrition policies. More studies have shown that students are having a negative effect in having junk food at school. In articles A,B,E,C all have been very informative as to why schools should have the right to banned junk food for these three important reasons, having unhealthy eating habits, the absolute bad addictions of junk food , and the awful increase of medical heath needed.

First of all, junk food at school should be banned because of the unhealthy eating habits. It has come to one's attention that an American's big crisis can be said as a bad eating habit. In source A, "The New York Times Upfront," in paragraph 1 the author states that, "Poor eating habits developed at an early age lead to one's attention that American's have a crisis with bad eating habits. In source A, "The New York times Upfront ," in paragraph 1 the author states that, "poor eating habits developed at an early age lead to a lifetime of real health consequences." As a result people chose poorly in what to eat when junk food is involved and this can affect them later on. Also in source A, the author explains that, "nearly 300,000 people die each year from complications associated with being obsessed or overweight." Unhealthy eating habits later became a problem, unfortunately more people have tried doing exercise but since bad eating habits have been more effective, it is harder to overcome. In therefore, Unhealthy eating habits have impacted our society in a negative way so banding school junk food would be a good way to stop it from causing a bigger impact on people.

Second of all, junk food at school should be banned because of the increase in medical health. People with the obsession of eating junk food have increased by 500 %, this becomes a bigger problem because then it leads to having health issues. In source C, “Norton Center Infographic,” the researcher states that, “70 % of obese children have at least one risk factor for health diseases.” People can not help themselves when it comes to junk food but it is affecting their health quite dangerously. Also shown on source C, that “ $\frac{1}{3}$  of kids born after 2000 will develop diabetes.” Diseases such as diabetes have been affectively to that person. The person's health might not look like it's bad but gets worse. In conclusion junk food should be banned from school to help kids not suffer the medical problems.

Third of all, junk food at school should be forbidden because of absolutely negative addiction with junk food. According to the author of source B, “New research shows sugar may be just as addicting as crack.” Junk foods that contains sugar are being compared to things such as crack, leaving a wrong idea to most people. Even so we must prevent from eating too much junk food for our own health. Stated in the article known as source E the writer claims that, “ One study found that 70 percent of elementary and middle school students see ads for junk food at school, and research published earlier this year showed that kids tend to eat more after seeing ads of unhealthy foods.” For example if a kid saw chocolate covered brownies in a comercial at school, that kid would want to eat more desserts afterwards, more like a craving for a specific kind of food. From my experience as a kid i have encountered the desire to crave unhealthy foods during class which makes me doze off, affecting what i'm learning at that moment. This indicates that addictions for junk food is one of the reasons why it should be banned from school grounds.

In conclusion junk food is a negative unnecessary type of food at school. Researchers did say that the over weight people who have ate junk food so many times have died by numbers. Junk food is just another way to have three negative outcomes having the unhealthy eating habits, the absolute bad addictions of junk food , and the awful increase of medical heath needed. Kids really should stay away from junk food as much as they can to avoid these negative effects that junk food do to a person.

