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25,000,000 children in the United States are overweight or obese. In the articles Sources A, B, and D, these articles state that school across the country are starting to ban “junk foods”. According to Source A, 16 different states have already regulated school nutrition policies, due to high obesity rates. Some people believe these policies will lower obesity rates, while others say it will not. Which leads to the question: should junk food be sold in school cafeteria? Schools should continue selling “junk food” in their cafeterias for three reasons: junk food may not be the responsible for obesity, banning junk food would not work, and banning junk foods will just remove some of their food options.

To begin with, junk food may not be responsible for obesity issues. In Source D, the author doubts the new policies of cutting junk foods off the menu would have any effect. In the article he states, “For 95 percent of Americans who do not fall into the extreme weight category, junk food consumption does not vary. That means that junk food consumption does not really explain the differences in their weight.” 95 percent is a large amount, and that would mean even though everyone ate around the same amount of junk food and they are not obese, proves that junk food is not the reason for obesity, but maybe the lack of exercise. Also in Source B, it states that kids are addicted to junk food, so the author states, “One bag of Cheetos has 150 calories, according to Frito Lays nutritional label. That doesn’t sound bad, but once you have three bags, that’s 450 calories and 750 milligrams of sodium.” This shows that kids eat junk food too much, and that could be fixed by letting children only have one bag of

a snack, rather than as many as they would like. So this means that junk food is not responsible for obesity, it's just that kids eat too much of it, and the parents need to take more control on what their children consume.

Secondly, the new policies won't work. In Source B, the author claims that kids are not liking the new standards because it is also affecting their regular school lunches. The author states, "As a result of Michelle Obama's new policy, 108,600 students stopped buying school lunch... At one middle and high school, kids boycotted for three weeks after their school changed their sandwiches to meet federal standards." This shows that banning junk food would just get the school into trouble because you have kids not buying school lunch and even boycotting to get their old meals back. Also in Source D, the author states, "They found that while students in states with soda restrictions had less access to soda in school, they did not reduce their overall soda consumption. Instead, they compensated for the restricted soda access by either bringing it with them or drinking more soda outside of school." This shows that even though they restricted soda in schools, the kids still drank soda whether outside of school or by taking it with them to school. So then what would be the point? This shows that banning junk food would simply not work because the kids will still somehow find their way around it.

Lastly, banning junk food will just remove some the kids' food choices. In Source A, the author discusses the issue of obese children and the pros and cons of banning junk foods in schools. According to Source A, it states, "An across-the-board junk food does not teach young people how to make healthy choices; it simply removes some of their options." This means that the kids will probably eat less at school, like in one of the *Diary of a Wimpy Kid* books by Jeff Kinney, the main character Greg would bring his own lunches to school, but he would only the snack and that would be his energy for the day. Also in Source B, it states, "At some schools, kids won't be able to enjoy Chick-fil-A sandwiches

for lunch anymore or celebrate birthdays with cakes and cookies.” The author made a good point. With certain foods not allowed, the kids at the school would not be happy especially, as stated in the quote, if it is their birthday and cannot eat any sugary snacks at school. Although there are many excellent and logical reasons as to banning junk food in schools like the one stated in Source C, that states, “Since 1970, the average daily caloric intake has increased by 10%, which is equal to 200 calories/day or a potential 20lb weight gain/year”. But honestly, the banning would not really make a difference.

To conclude, banning the junk food sold in schools to counter high obesity rates would be unaffected for three reasons: junk food is not the reason kids get obese, banning junk food would not work, and banning junk food in schools would remove some of their food options. The issue of obesity is a very serious problem because if these eating habits keep up, 43% of the United States would be obese. But banning junk food in schools would not solve the problem. It is important to at least allow junk foods or even limit them, but do not stop selling the junk food.