

### Junk Food essay

In the U.S 1/3 of kids are experiencing childhood obesity. Most of the time kids eat junk food at school. Should schools stop serving junk food? Yes! The state should ban junk food from school because most kids are overweight; kids are getting bad eating habits and low-income schools with junk food are one of the reasons kids are obese.

To clarify, junk food should be banned from schools due to some low-income neighborhoods that give kids food that increases obesity in kids. According to source E, it states, "fifth graders are most likely to be overweight or obese increases if they attend a low-income school/neighbor." Due to this kids have been growing more weight and are getting physical unhealthy, also kids have been gaining weight a lot more rapidly than before. According to source E, it states that "The prevalence of fifth graders who were overweight or obese increased slightly each year from 2001 to 2005 from 43.5 percent to 46.6 percent. This shows that the rapid change in fifth graders since past years low-income neighborhood should stop giving their schools junk food and healthier meals so that the kids would stop gaining a lot of weight and they can be more physically healthy and have a longer lifespan.

The second Reason why schools should ban junk food is that of overweight. The first piece of evidence is that "25,000,000 children in the united states are overweight or obese which equals to 1 of 3 kids." This is the first piece of evidence. If we ban junk food this would make the number go down. This leads to my second piece of evidence because since a lot of kids are overweight they have more risk factors. The second piece of evidence is that 70% of obese

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children have at least one risk factors for heart disease and 39% have at least two or more risk factors. “This is the second to last row. Since 70% children have at least one risk factor this increases the chance of death. Even though some might say that they have cures you will end up paying a lot of money.

Finally, to continue on, the 3rd reason is eating habits. Eating habits have affected people worldwide. In the article, “should states ban junk food in schools, it demonstrates, “America is facing a crisis because of our eating habits.” As the quote determines people with their eating habit, it would mean their habits would become worse. If we ban junk food it would reduce people’s addiction to their eating habits, and also the risk of them being overweight.

In conclusion, schools should ban junk food due to the lack of low-income school have impacted the kid's physical health, kids are gaining more weight and in  $\frac{1}{3}$  kids get obesity which can lead to death. Due to this Americans have been facing a crisis due to large amounts of junk food this is why junk food should be banned for more healthier kids.