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12/18/17

Junk Food Essay

Junk food in America can be found in many cafeterias. In America 20% of the population, that are adults, are obese. In the articles, “Mental Floss”, “Battle Intensifies to keep Junk Food out of School Lunch Rooms”, and infographic from Norton Center, all state how junk food should be prohibited. Junk food should be prohibited due to the higher chances of illness, addiction, and an anti-promotion to a healthier lifestyle.

Junk food causes illnesses across America due to the lack of nutrients in the food along with higher calories. According to Norton Center infographic, 70% of obese children have at least one risk factor for heart disease. As a result, this will lead to later complications in life. Children should not have to suffer from illnesses just because of their poor food decisions. From the Norton Center Infographics informs us stating, “Today’s children will be the first generation since The Great Depression, projected to have a shorter lifespan than their parents.” This illustrates that children won’t be able to live to their fullest lives with junk food shortening their lifespan.

Junk food in schools should be prohibited due to addiction. According to an author by the name Michael Moss he told Mental Floss that, “some foods are purposely made with bland ingredients so that you crave more food or you just add enough sugar or salt until mouth explodes with flavors.” These purposeful actions have increased the hunger and addiction to junk

food at school. According to food scientist Steven Witherly called puffy snacks “one of the marvelous constructed foods on the planet, in terms of pleasure. As far as sugary snacks, new research shows sugar may be just as addicting as crack.”

Junk foods should be banned from school since it doesn't promote a healthy lifestyle. According to Norton Center Infographic it shows how portion sizes increased from 200-500% and as a result people had chosen the bigger portion of food which would lead to an unhealthy lifestyle by gaining more weight. According to the article: Battle Intensifies to keep Junk Food out of School Lunch Rooms”, it states how students who lived in a poor area have a higher chance of obesity than people that live in wealthier areas. Due to this healthier foods cost more and fast foods cost less and as a result poor people would most likely choose fast food.

In order to cut down child obesity, districts must restrict junk food in schools. Obesity is an epidemic which causes deaths, complications, and short lives. Junk food must not be in schools as they lead to complications in illness, addiction, and not promoting a healthy lifestyle.