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### EBA #2 Junk Food Final Draft

Childhood obesity has become a huge epidemic in the United States and while many school officials believe school lunches are to blame this is not the case. Articles such as Source A by The New York Times, Source B by Medical Daily.com, and Source E by HealthLine News cover the details and consequences of this health issue. Obesity rates have gone up alarming schools with these statistics and as a result having states ban junk food in schools. Banning junk food in schools isn't the right approach to stopping obesity since schools aren't the main source of the problem when in reality there are multiple problems some of which are banning over physical activities, students boycotting, and parenting.

First of all, schools are dealing with childhood obesity in a way that places banning junk food over doing actual physical activities. Keeping a stable and healthy diet is a huge factor in keeping a proper weight but so is the amount of time spent exercising. Just banning junk food certainly "does not teach young people healthy choices" as stated in Source A. Source A makes an excellent point about the junk food ban since just those restrictions alone won't stop students from eating unhealthy proportions of junk food it only limits a place to get such foods. The junk food ban itself can just cause students to binge eat at home leading to health problems as well. Binge eating at home is even worse if the individual doesn't get the proper amount of time spent exercising. Source A also states that instead of enforcing a ban on junk food schools need to "require more time spent on physical activities". Since some schools only offer an hour and a

half or less time focused on physical education it'd make more sense to increase that time rather than diminishing one option.

Second of all, something to take into consideration is how the students will react to these restrictions too and how they will likely boycott bans like this. Statements made in Source B by students such as “#BringBackOurSnacks” and “Lunch has turned into another class” are just some of the negative comments made about this ban. It may seem like students not enjoying the lunches would be a normal reaction that the students would eventually move on and accept. This was clearly not the case since students felt so appalled to this ban that they stopped buying lunches which is terrible since school lunches may be their only source of food and not eating could lead to problems as well as cause the individual to be underweight. Michelle Obama has received lots of negative feedback as well for promoting such lunches one of the results of this policy was that “1,086,00 students stopped buying lunches” this further builds on my point that if schools restrict “junk foods” the students themselves will retaliate. Another thing to think about as well is how schools would be affected by the downfall of students purchasing school lunches. Often times schools get funds for field trips, new school supplies, P.E equipment, and school renovations from the money earned by selling school lunches if students suddenly stopped purchasing lunches the funds for these things would disappear.

Another way, to solve the epidemic of child obesity without banning junk food would be to take into consideration what a student's parent is raising them like. Students can often live in low-income neighborhoods where healthy food is expensive and out of price. Just as the article Source E states “The healthy choice is rarely the affordable choice” and while some may argue that this is even more of a reason to place the ban into action it really wouldn't since just

restricting all junk foods from their diets won't make them instantly healthy just as I stated before physical work is needed as well. Not to mention just changing someone's diet in such a fast time could lead the individual to be sick too since their body isn't used to digesting anything but the regular foods they usually eat. Source B also mentions that Obama can't "control what parents feed their kids at home she believes offering only healthy choices will reduce obesity rates" of course it depends on whether the student's parent(s) have any health knowledge as well and what proportions of food someone should normally eat. Lowering child obesity rates not only depends on the youth but the parents of the youth as well to make sure and determine what is healthy and whether the student is making healthy choices.

Proposing a ban on junk food won't solve the childhood obesity epidemic alone it only diminishes one option. Junk food should be sold in cafeterias since it's not the root of the problem and when there are other ways to help stop this problem such as taking physical action over banning junk food, the result of students boycotting the ban, and educating parents there is no need for a ban.