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Evidence-based Argumentative Writing: Junk Food

Imagine a world with no junk food, snacks, sweets, or even drinks. This nation would be very different. Obesity would lessen and kids would be much healthier. At least that is what some schools believe. In fact it confirmed that schools in New Jersey now have a ban on junk foods and think that that, might be a solution to obesity, but is it really? Banning junk foods at schools will have no impact on children due to the fact that it will have no effect on nutrition, there are various ways to continue eating junk foods, and that there is another way out. In source A written by John Dively, and Source D written by Sherzod Abdukadirov, numerous reasons that counter argue the ban on junk foods in school.

To begin with, banning junk foods at schools will have no effect whatsoever on nutrition. Over time junk food may have been an addition to one's cravings and yet do not have much effect on children's diet, yet the nutrition kids get at schools do affect these children. At schools there are many options for one's nutrition yet children get unlucky enough to get the wrong meals. According to John Dively author of source A, "There is a problem of defining accoc junk foods.ac. We are talking about potato chips, soda, and pastries? What about fried chicken, cheeseburgers and pizza-foods many school cafeterias serve?" What he is trying to explain is that, why ban junk foods and not unhealthy food cafeteria options? Replacing junk foods will simply just take a child's option and still have no effect on one's diet supplement. To support this idea that this still won't have affect children is that it doesn't make a difference in children's

thoughts. As stated by the same author, "An across-the-board junk food ban does not teach young people how to make healthy choices it simply removes some of their options." This does not affect the ways children think do they? The truth is that not all children will listen and that's why we have to aim mentally and not physically. This one reason on why banning junk foods at schools do not have an effect on nutrition.

To resume, there are other ways that children of kids at school continue eating junk foods. Ok let's be straight forward, what is the point in banning junk foods at school. I mean, they will continue and maybe even more food will be consumed. That is at least what author Sherzod Abdukadirov of source D thinks stating, "They found that while students in states with soda restrictions had less access at school, they did not reduce their overall consumption. Instead they compensated for the restricted soda access by either bringing it with them or drinking more soda out of school." Again, what is the point in banning junk foods if it will only cause students to only eat more. This is a way that they continue junk food cravings and have no effect on them. Banning these items will then only cause them to eat more than expected and maybe even increase obesity rates. To add on, students will still have local access to these items out of schools. Sherzods research even states, "Keep in mind that these policies failed in schools, where students had fewer alternatives. In contrast, consumers in San Francisco will only have to walk only a few more steps to a shop or vending machine not on city premises to purchase the soda or snacks they want." So what's the point in banning these items if it's useless. There will be no effect so why budge? This is why junk foods should not be banned in schools due to the fact that there are ways to continue this habit.

To finish off, there is another way to this decision. Although we much care about students' health, why not educate them instead of taking away options. We can educate children to limit their portions and help out on making the best food choices. Author John Dively suggests, "Improving what we teach about nutrition and requiring more physical activity are better ways to approach obesity than importing statewide junk-foods." This signifies that we can teach our kids on how to be healthy rather than show them how. This is not a matter of taking things away but giving. Giving them knowledge about foods options. To add on the author says, "We believe that locally elected school board members are in the best position to make policy decisions that reflect the opinions and needs of individual communities." This is not the kids responsibility to make the food options but the school boards'. The children do not deserve a ban on their school snacks but the board members in the other hand don't do anything about school options. Although there are many reasons to not ban these junkies there are reasons on why we should. These foods may become addicting to a person depending on their diets. Addiction to many things could become very harmful and even toxic to one's body even if it's food! This is why junk foods should not be banned in schools due to the fact that there is another way out for health decisions.

In conclusion, students do not need a ban on junk-foods. The claims that support this that it will have no effect on one's nutrition, there are ways to continue junk food habits, and there are more solutions to nutrition problems. This is all a matter of time and significance. Students learn like any other person. Every human learns. Every human thinks. So let's show students the way things are done. Lets teach them how to control nutrition not ban their options. Banning junk foods will have no profound effect. Lets not be part of the problem, let's be the solution.