

Ramirez

Period. 3/4

1/24/17

## Junk Food

Around 300,000 people died of obesity every year. The New York Times Upfront-The News Magazine for teens, Medical Daily.com, Healthline News. Junk food is everywhere and it is causing health issues, addiction, and financial issues. Schools should ban junk food.

First off so many people's health is being affected by junk food. According to Source A "Sixty million adults (20 per cent of the population are obese.) We don't want the kids to be obese too. So we have to change the way kids are eating. According to Source A "Poor eating habits developed at an early age lead to a lifetime of real health consequences. Schools should ban junk food because it is causing many health issues.

Secondly, junk food is causing addiction. According to Source B "He told mental floss that some food is purposely made with bland ingredients so that you crave more food or you just add enough sugar or salt until your, mouth exploded with flavor. For example when I eat something I always feel like I want more. According to Source B "Puffy snacks, For example it melts very quickly in your mouth so you desire another bag. Schools need to ban junk food from school to prevent kids from getting addicted to junk food.

Lastly junk food is causing some financial issues. According to Source E "They concluded that schools are under financial pressure and more likely to make junk food available to students". People would be financially better if they did not buy junk food. They could save money and to buy healthy foods. According to Source E "One study found that 70% of elementary and middle school students see ads for junk food." It's true for example when I see an ad for food it makes me hungry and I want to eat it. Kids are seeing ads for junk food and it looks good but they don't see what's inside of it or what it can cause if you have to much of it. Junk food companies are after people's money so by banning junk food from school it will help people save their money.

Schools need to ban junk food. Junk food is everywhere and it is causing health issues, addiction, and financial issues. Those are the reasons why junk food should really be banned from schools.

