Evidence-based argumentative writing (#2)

In the U.S. alone, there are over 25 million cases of children with obesity. According to source A, the New York Upfront from the new magazine for Teens, also, source B written by Erica Robinson titled Junk Food May be Prohibited In school Lunches the fall, and lastly, Source C from the Norton Center Infographic all state and explain the impact that junk food has on children and teens. The United States has been facing a very serious problem for many years that can lead to diabetes or even death; and this problem is called junk food. I believe and support that idea of banning all the food from US schools because it can lead to childhood obesity, kids getting addicted to junk food, and junk food also leads to temptations like fast food. After all, somebody has to make the start, so why not let it be at school, before the issue make a stop humans existing.

To begin with, our eating habits are getting the best of us and it's starting to lead to childhood obesity. School is where children spend most of their hours in the day, so it would be a great place to start something new and start great healthy habits.According to source A the author wrote, "Nearly 300,000 people die each year from complications associated with being overweight and obese," (pg. 1). 60 million adults, which is 20% of America's population ROP. All the 300000 is not very many out of 60 million, they are still humans with people who love and care about them who are no more. As most people know, children are influenced by adults and authority, also said in The Little Prince, and if children see, for example, that their parents are not in great shape, they are going to think that is okay to be like them, therefore, they wouldn't care of what they are consuming making them start bad eating habits. Another example or issue that can lead to childhood obesity or bad eating habits. According to source A, the

author also says, "Poor eating habits develop at an early age lead to a lifetime of real health consequences,"(pg. 1). Being young myself, I believe that I do have unhealthy eating habits such as eating too many chips. Also many kids at school eat junk food almost every day and this needs to stop. It is said that the next generation of children are going to live a shorter lifespan than their parents. That is why we should ban junk food from our schools so we can live a happier, longer life.

To add on to that, the high calorie, high sugar, and high sodium snacks need to go because kids get addicted to this junk food. This junk food cravings don't just start from out of nowhere, they actually start from the factories that produce them. According to source B, "Some foods are purposely made with bland ingredients so that you can crave more food,"(pg. 3). This shocking statement is very well true and it is the reason why kids love junk food so much. After one bag of delicious chips, you think, "Maybe just another bag won't hurt me," but after saying that's three times in a row, then the 150 calories in that bag of chips turn into 450 calories and 750 milligrams of sodium. Not to mention, the sneaky ways of students who just can't get enough. According To Source B, "Some children just embrace the healthier options provided for the, while others may choose to stop eating school lunch or simply find other ways to sneak in their favorite junk food," (pg.3). I, myself, would want to go the healthier route and eat the healthy lunch the school would give, however we all know how hard it is to stick to a plan without sugar or your favorite comfort food, but it just needs to stop. People can start being on the right track by exercising more and eating healthier, and this is something we all should do if we want to live longer. Junk food can be addicting, but it is very bad for you. We all need to support each other so we can stop being junk food addicts.

Last but not least, junk food also leads to temptations such as fast food. It is sad to think that one out of three kids born after 2000 will develop some type of diabetes. These greasy junk foods just make people crave more of it, and this may lead to people relying on just fast food for their meals. According to source C, "Fast food portions have increased by 200-500% since 1955." This huge increase of fast food proportions has made it now that 43% of the US population will be obese by 2018. Knowing this, makes me very sad and makes me think of what we did wrong in our past and what we could still prevent from happening. Another example, said in Source C, explains, "In 2011, Americans spent 168 million dollars on fast food that is the same amount of money we spent in obesity-related medical expenses." All of that money went to a bad use and it could have even be used to be end lots of obesity in America but instead it just made more. And in a modern society like ours, we need to make sure that we are eating a healthy diet because we usually spend our time on electronics every day more than we should be. We need to balance out how much exercise we get and what we eat in order to stay healthy and fit. People may say that banning junk food from our schools won't affect if the students will eat junk food or not, however, if you want to make a change for next generations to come, we better start somewhere where authority impacts us greatly. These examples show that we should ban junk food from our schools in order to stop are fast food cravings.

In conclusion, junk food needs to get banned at us schools so we can make healthier choices in our lives. The outcome of too much junk food can lead to childhood obesity, kids getting addicted to junk food, and getting temptations from fast food. It is important to agree with banning junk-food from schools because if you don't agree then that means you are fine with obesity rates that are rising every year. If I were you, I would teach my children that junk

food leads to horrible eating habits and can ruin your life greatly. Like I said in the introduction, "let's stop our eating habits before it stops human existence." I, myself, don't want to end up living like the humans in the movie called Wall-e.