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Junk Food Argumentative Essay

Obesity, now one of the biggest wide spreading crisis in our nation. Now obesity has grown to even affect children. Currently, some schools have now begun to change their school lunches for the better. Demonstrations of all this come from, “The New York Times UpFront-The News Magazine for Teens, Source A,” “Source B: MedicalDaliy.com,” and Source C, “Norton Center Infographic.” Obesity, what many may call a disease, is starting spread to spread rather faster around the country. and all because of obesity it all may cause futuristic problems to our country and people. For all the problems with overweight, some schools started to change food policies. This being so, I support that schools should change the school food policies. This being so, I support that schools should change the school food policies to make because it can lower that increases in death, it can help with lifespan, and help out with lowering obesity.

First of all, Obesity has become a huge problem. Varying from how many people how many people die per year to even health problems people may get. As source A states, “ Nearly 300,00 people die each year from complications associated with being obese or overweight.” Therefore, if estimating around 300,000 people die because of being obese or overweight, school lunches should change. This because sometimes school lunches are some of the only things some children eat, as it is stated on Source B, “For some students, school is the only place they get a

meal.” Also, as source C states, “70% of obese children have at least one risk factor for heart disease. 39% have at least two or more risk factors.” If all of this happens(?), this will not only affect the person but society together. This being so, they might not be able might not be able to work well as they used to, which may impact the economy. All of this is why schools could change the food policies, so it does not affect any of them in the future.

Next, the lifespan of this generation has been changing because of obesity. As it states in source C, “Today’s children will be the first generation since The Great Depression, projected to have a shorter lifespan than their parent.” This fact is not only sad, but it is a fact to worry about, as this generation is the future of the country, meaning that if this does happen it will have more than an impact on their loved ones. As well as on Source A it says, “Poor eating habits developed at an early age lead to a lifetime of real health consequences.” Therefore, schools should change their lunches and junk food vending machines, as it would help lunches and junk food vending machines, as it would help a lot with lowering the rates of health issues.

Ultimately, yes some things in schools have not changed. For example, on Source A it says, “Are we talking about potato chips, soda, and pastries? What about chicken fingers, cheeseburgers, and pizza- foods many cafeterias serve?” Yes, the same schools may serve this, but others schools have changed their lunches as it states on Source A, “That’s why New Jersey is the first state to adopt a comprehensive school nutrition policy that bans candy, soda, and other junk food.” This being stated, is that not all schools are giving the “typical junk food lunches” as some schools have been changing their rules. With this happening it could be possible that more schools will start experimenting with this rule as well and modifying it to their own liking. As well as it states on Source A it states, “Soda and junk food will be replaced with more nutritious

alternatives. You will still have choices, but instead of candy or chips, you may have to decide between an apple or carrot sticks.” One of the many things schools have decided to change is their vending machine food, which is off to a good start as this could lead to changes to lunches and much more. If schools start doing this, it may start to lower obesity rates.

Hence, if schools start to change the whole school lunch and vending system, the consequences would turn out good. Of course, there are schools who still haven't taken up this concept of changing the lunch and other sorts of foods, but maybe during the time they might notice and will take a chance to help society with lowering the increase in death, help with life span, and lowering obesity.