

Imagine going to school your favorite day, Wednesday. Now, why is it your favorite day you ask? It's your favorite day because on Wednesdays they serve pizza! You go to school that day finding out there is no pizza! Cars all around us are making the decision to ban junk food. We have to put a stop to this! In the articles, "Another Junk Policy" by Sherzod Abdukadirov, "Norton Center Infographic" by eatingdisorderpro.com, and an article in medicaldaily.com by Erica Robinson, they state reasons why we shouldn't ban junk foods from schools. I believe we shouldn't ban junk food from schools because Americans are not obese due to junk food, students will find another way, and people will get angry.

First of all, Americans are not obese do to junk food. Whenever someone gains a bit of weight, we automatically assume the cause is junk food. Wrong! Supporting my statement is a quote from, "Another Junk Policy." It states, "For 95 percent of Americans who do not fall into the extreme weight category, junk food consumption does not vary." The author is trying to say that banning junk food from schools will not make a huge difference in the kids weights. With that being said, junk food will not lead to obesity, as said by many others. There are other ways kids can gain weight. For example, in the "Norton Center infographic", it states, "Our kids spend 8 hours every day watching TV, playing video games, using computers, talking on cell phones and texting." The author is saying that there are other causes to cause obesity that are not junk food. I don't know about you, but all around me nowadays I see technology. People can't go on morning jogs because they're too attached to their technology. Due to all the examples provided, I believe Americans are not obese due to junk food.

Secondly, students will find another way. Many schools have supermarkets and liquors lunches..near them. For example, in "Another Junk Policy," it states, "...consumers in San

Francisco will have to walk only a few more steps to a shop or a vending machine not on city premises to purchase the soda or snack they want.” In other words, taking away junk food from school grounds will not stop the children. Near my school, we have a Walgreens I can walk to. If you take away something that kids love, they will find another way to get it. Another quote in “Another Junk Policy” says, “They found that while students in states with soda restrictions had less access to soda in 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 outside of school.” The author is saying that when they attempted to take away junk food, the students found a way to keep consuming it. Children are intelligent and creative, as interpreted in “The Little Prince,” they will find loopholes.

Last but not least, students and parents will get angry. When something that we don't like happens, we get angry. This is happening every day with the new, healthy lunches. For example, in medicaldaily.com it states, Florida family was upset when they were told they could no longer packed lunches for their daughter. To follow the newly invoice nutritional guidelines, their daughter School band all packed lunches. People were obviously not ecstatic when these new rules came into place. Parents had gotten mad to the thought that their kids were technically being forced to eat school lunches. Another example at, [medical daily.com](http://medicaldaily.com) states, “At one middle school and high school, kids boycotted for three weeks After their schools changed their sandwiches to meet federal standards, as always.” As always, anger leads to boycotting. These children were angry and had to stand up for what they wanted. When we wanted equal rights we stood up, now, when children want to remove “healthy” lunches, we stand up.

All in all, we should not let authority dictate our food choices and limit them to only salads and anything they consider healthy. We should not ban junk food from schools because Americans are not obese due to junk food, kids will find another way, and people will get angry. Some might have a different perspective on this and might say that .It is crucial that we don't ban junk food from schools because for some kids their favorite food is served at school, and it is the highlight of their day. In other perspective, per se a parent, they might like packing their children's lunch and look forward to it. In other words, it is important we do not ban junk food from schools for the many protests that will arise.