

EBA #2 Junk Food in America

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Obesity is one of the major problem that America or even the world is still facing right now. Many adults and children are being diagnosed of obesity due to junk food. Many schools are finding a solution to solve this problem that children won't be overweight in the future. So they decided to ban the sale of junk food in school campus. According to source A by "The New York Times Upfront" and source C by "Norton Center infographic", there many findings about junk food in schools. I think that schools should ban the sale of junk foods because junk food causes poor eating habits, childhood obesity, and it creates a financial burden.

First, America is in a crisis due to our eating habits. 20% of Americans including adults and children are overweight due to poor eating habits. Poor eating is an unhealthy disease that makes people to eat more/gain weight or eat less/lose weight. Poor eating comes from our development of growing up or born with it. Poor eating is a dangerous disease that could actually kill you. According to source A by The New York Times Upfront it states, "Nearly 300,000 people died each year from complication associated with being obese or overweight." Poor eating is often makes people lose weight but people that has the mind that gains weight could get obesity. Obesity is a the condition of being grossly fat or overweight. Many people does not take obesity seriously because they think their

healthy enough to not get overweight but remember poor eating also make people to less. Poor eating isn't contagious but it develop when we're being born. According to source A by The New York Times Upfront it states, "Poor eating habits developed at an early age lead to a lifetime of real health consequences." No matter what you feel healthy in a young age but somewhere around 5-7 years old you going to eat more or less. Even though if you eat a lot you're going to some heart problems like a heart attack. Poor eating is when you get in a early age, poor eating is disease that killed many and many people, and it could also affect you in the future.

Second, raising a child is the most important responsibilities for a parent. Especially controlling their eating habits, kids in a young age could eat a bunch of junk food. This could cause them to be overweight and will be affected in the future. Mostly kids are bringing junk food to school to share them to other kids, this cause other kids to be overweight. Many schools (at least 16 states) noticing that kids are being overweight, they decided to ban junk food. According to source C it states, "25,000,000 children in the united states are being overweight or obese." That's 1 of every 3 kids in united states alone. Parents are letting their kids, not controlling their eating habits, to be overweight and die in the future.

Sounds harsh but many kids that's overweight is easily bullied in school. According to source C it states, "26% of sixth graders are bullied, teased, or rejected daily based on their size." Kids has to face bullied everyday just their size but can people just accept their size not. Many children that is overweight are worried this being teased by other childern just their fat. Many parents thinks that a solution to solve this problem is make them walk to school and home.

There's a catch if parents don't live close to the school they decide take a vehicle instead. According to source C it states, "Percentage of kids that Bike/Walk to school 42% since 1969 and 16% since 2001." A huge drop in 2001 many kids decide to walk or take a bike to school because many kids right now thinks that's too far and exercise is a lot of work for a little kids. Childhood obesity is part some people's life they to have struggle everyday in school and their eating habits.

Finally, food is literally everywhere, in your local supermarkets, school, and especially in fast food. Many people knows that some fast food uses too much calories in their food. Many americans spends millions and millions dollars every year to buy their food in supermarket or fast food. This causes to create a financial burden to health cares around America. According to source C it states, "In 2011, Americans spent \$168,000,000 on fast food that's the same amount of money we spent in obesity-related medical expenses." The more that americans buy fast food it decreases medical treatment for obesity. Is like saying the increase of obesity the less money in health cares. This effect our health cares budget around America because we spent billions of dollars on obesity because bunch are overweight that we cannot help one single that the treatment can't be offertable. According to source C it states, " By 2018, the US will spent \$344,000,000,000 on obesity-related health cost." That's next year we spent a lot of money just on obesity that's ridiculous and we can't even help more people in the future because the health care will be bankrupt that we spent a huge amount of money. There other argument that we should not ban junk food that teachers and staff could teach how to be healthy and not to eat a lot of junk food.

In conclusion, Many people including children are being overweight due to junk food and many school are trying ban junk food. For three reason, junk food causes poor eating habits, childhood obesity, and it creates a financial burden. Poor eating is causing people eat even more and could from it. Childhood obesity is pretty harsh because they to face the bullying the health problems. Financial burden we spent billions of dollars to heal the people that has obesity.