

Today, many people are starting to eat more junk food from different reasons, but how would affect students? Students, research showed, that they ate junk food everyday. This lead school districts to consider banning junk food from their cafeterias. Articles such as “Should states ban junk food in schools” by The News Magazine for Teens and an infographic poster called Childhood Obesity by Norton Center Infographic suggest that schools should ban junk food due to how it negatively affects students and people by how much they eat and how often. It is an excellent decision to ban unhealthy food due to the fact that it helps students’ addiction to junk food, it can make us healthier, and by how it affects their future.

The first reason schools should consider banning junk food is to decrease students’ junk food addiction. It might not seem true but over the years students got used to eating more unhealthy food each day which might not seem like a big deal but its more serious than you think. According to Erica Robinson in an article she states, ”Three words might explain it all; junk food addiction. Michael Moss, author of Salt Sugar Fat : How the Food Giants Hooked Us gives us an explanation for these junk food cravings. He told Mental Floss that some foods are purposely made with bland ingredients...” Based on The News Magazine for Teens in an article called Should states ban junk food in schools they state.”...Are we talking about potato chips, soda, and pastries? What about fried chicken fingers, cheeseburgers, and pizza - foods many school cafeterias serve?”

Although this can be true it will still affect how students eat since many junk foods will be removed which can help students' overcome their cravings for junk food. If schools banned junk food there will be less junk food but there will still be some which isn't erasing the students' option for junk food but instead limiting it which will result in a positive affect.

The second reason schools should ban junk food is to make students healthier. According to Norton Center Infographic in an infographic poster called Childhood Obesity shows that people and students spent \$168,000,000 at fast-food restaurants almost every single day. Most of all this infographic poster shows that people are becoming less healthier caused by junk food. Although we don't think much about what we eat, it can change the way others see you. Banning junk food in schools might not seem like a huge change but if we change how we are now it can positively change the way we would be in the future. Students would also overcome their junk food addiction which can also make us healthier and affect us in a positive way.

The final reason schools should not allow junk food in their cafeteria is to positively change our future. According to Norton Center Infographic in an infographic poster called Childhood Obesity mainly shows that people in the US overtime have gotten less healthier due to junk food. If we the people of the US can get over our habits of eating junk food in a matter of time we can become healthier. It also showed that the children in the US have a shorter life span than their parents

because of unhealthy food. Today, the people are used to eating junk food since year by year we got used to it but if we eat healthier in the future, people will change just by doing something simple.

In conclusion if the states banned junk food in schools it can change someones future by making them healthier, and helping them get over their addiction of unhealthy food.