

# Speech of junk food essay



**ASSIGN  
BUSTER**

Why do students become crabby, tired, irritable and unfocused in class? No, this might be caused by the type of meals you take. In almost every elementary, there is the lack of healthy and tasty school lunch selections which has become a recent problem in both middle and high schools across the nation. In most instances, various schools sell junk foods to students and of course according to me this isn't right. There are various reasons why junk foods should be removed from school lunch menus. One of the most important reason is that it is important to create a healthier student body in order to allow him or her to concentrate in class work at ease. Junk foods should be banned from school lunch menus due to the fact that they affect both the body and the mind negatively. To begin with, junk food is the main cause of obesity among young people who are still learning. Research shows that around 33% of youths in high schools are unhealthy and overweight, and nearly 75% are unfit. This is contributed to by the bad food being served in public schools. A single 12-ounce can of soda has as much as 14 teaspoonful of sugar in the form of fructose corn syrup. Many of these sodas, buggers, pizzas, chips and cookies are full of sugary and fatty contents that are unhealthy to the body. It is important to stoke vending machines and cafeterias with foods that are healthy which in turn will likely create a dent in the childhood obesity rates. Secondly, the reason why there is need for the school cafeterias to serve healthy food is that junk food does not provide the students with the energy required for them to stay focused in the classes (basically the afternoon classes). These kinds of foods (junk food) being served in schools does not also give the pupils the energy and power to participate in games and this laziness leads to most of the kids to suffer from

obesity. In addition, junk food lowers the energy level thus affecting pupil's physical activities.

Mostly, pupils don't perform well if they don't have energy to work hard. Many of our school football team participants who were used to eating chips and sodas were very weak and lazy. When some of us complained concerning being lazy and weak and unable to make it through practice, our coach questioned us about what we usually eat prior to these practices. Upon hearing what we usually eat, he told us we ought not to eat fatty foods before we play. He further suggested that we should be eating healthy meals that give us energy.

Many people argue that banning junk foods from the school menus is not a good idea. but even the students put it that junk food just tastes good compared to healthy food and therefore the taste contributes to them liking these types of foods. I can prove it that there is no rule that says healthy food can not taste good! In my opinion, I think that many or a variety of junk food can be replaced by foods with similar tastes, in other words healthier substitutes. Instead of soda, an individual can take carbonated fruit juice. In place of fried chips, schools can be provided with baked Irish potatoes. If the substitution does not work, then we should think about the amount that we serve. One can have the main healthy portion for lunch and include a small amount of desert: sweets are not bad to our health if consumed in small quantities. There are various ways of solving the problem of people's tastes. The fact remains that we have to implement this change. The provision of junk food is all-round, the worst idea. all in all, we have to take healthy food in order to enable us reach our fullest both academically and physically. The

food we eat greatly affects our minds and body as well and we need to take advantage of this! Now that we understand the problem, the next step is fixing the problem which in this case is to ban junk food from our schools. In summery, of course junk food should be banned in schools! Why provide junk food and we know that it poisons the body and contribute to obesity? As we already know, you are what you eat. Do not let school aged kids have the temptation, the only and the most appropriate solution is to ban junk food in schools and everywhere. Thank you.