

Can you remember
the last time you had
a sweet?

[Philosophy](#)



Surely the last time you had a sweet wasn't because you worked hard for it, or because you were on your bestest behaviour that your mum decided to treat you. In fact, you're probably having something sugary as your reading this; what is it this time: A Sherbet? A Skittle? Or a plain and simple, sugar filled frothy fizzy drink. If you're not drinking it now, the last time you probably drank it was to ease the chicken and chips going down your throat for lunch. It's more attractive than the healthy stuff. It's cheaper than the healthy stuff. No doubt tastier than the healthy stuff. So why are fizzy drinks and sugary snacks being replaced by the healthy stuff? Shouldn't they be banned altogether?

Decaying of the teeth are the main reasons for toothaches. 60%, that's almost 2 out of every 3, children in Scotland have a dental disease from as young as 3 years old. Sweets and fizzy drinks allow this to happen. The unnatural sugars they contain erode your teeth to make them thin and see through. I once knew a boy who had no front teeth! Well that's what it looked like anyway. He drank so many Coca Colas that his teeth started looking like glass. Not only did he get laughed at but he wasn't allowed sweets for the rest of his life. I don't know about you, but I definitely think sweets are not worth that, even if they taste unbelievably scrumsious.

While your mouth bathes in the sweet syrupy substances, it's sometimes easy to forget where you left the wrapper. Nearly everyone throws it's in the bin. But the minority don't dispose of it as sensibly. This is a health hazard. Imagine slipping on a slick silk like chocolate wrapper and cutting yourself on an open tin can, all because a one child didn't throw his rubbish away. And

when your classrooms full of sweet wrappers, cans of coke, and tables looking like they've been moulded from chewing gum, learning is not easy.

Learning is important while you're young. It's where the basic yet very crucial information is taught. Without knowing the basics, it's almost impossible to progress in life. But when you're tired and feeling lazy this too can make it difficult. And the main reason why you're tired during the day is because you're up during the night. And the main reason why you're up during the night is because you drank too much caffeine during the day. And the main reason why you drink caffeine is because it's in fizzy drinks; and fizzy drinks are addictive.

I know this seems like just another article telling you that sweets are bad and that you should stay away from them. You probably get enough of that from your parents, teachers and dentists. But it's true. They damage your health, create hazards and in all stop you from reaching your full potential in life. And besides, there are only so many pounds the tooth fairy has. I don't think she can afford to pay you everyday for every tooth that will eventually fall out if you carry on consuming candy. Ban the sweets and fizzy drinks: Ban the damage, hazards and create yourself a better future.