

Should soft drinks be banned from school? essay sample

[Education](#), [School](#)



The topic for My speech is about "Should Soft Drinks Be Banned From Schools?" as we all know soft drinks contain high amount of sugar and they can increase the risk of serious health problems, such as obesity and poor dental health. But lots of kids still drink them, the average amount of a kid drinking soft drink is 3 cans a day, that's thirty spoons of sugar going down your throat. Lots of people in Canada are extremely over weight because of soft drinks and not only it causes obesity it also causes heart troubles, high blood pressure, and other serious problems. According to the School Food Service Association soft drinks has increased dramatically in the last two decades, each can of sweeten soft drink contains ten teaspoons of sugar and that sweeten drinks should be "eliminated" from school.

However not all people agree with the idea, people like the president of the National Soft Drink Association they disagree because they want to make profit to benefit themselves.

I agree that soft drink should be banned from schools and drinks such as water, fruit juice and sports drink should be available in the school I also think that kids should drink less at home to get fit and stay health