Banning junk food at school

Instead of completely banning junk food at schools, authorities should limit how much junk food students consume every day. Proponents argue that this is a good choice because eating too much junk food and banning junk food both have negative consequences but combining those two have positive outcomes. On the other hand, opponents argue that we should end junk food selling once and for all because of health issues and many more. I’m going to take you through both the downsides and the benefits of banning junk food in school.

The first reason why banning junk food is bad is because students won’t have much choice left. This will eventually lead to disinterest in school because there will be no sweets for them. They could consider sweets as a prize which means really important to them. Disinterest in the school would also lead to worse effort and achievement during school. This is one reason why we shouldn’t ban junk food.

Banning junk food is also bad because of the nutrition the child needs. Some junk food contains special vitamins a child needs but the family doesn’t have time to order it in the shops. If schools ban junk food, it could eventually lead to growth hormone deficiency. That sums up all the reasons why we shouldn’t ban junk food so let’s move on to why we should.

 Banning junk food also prevents many deadly diseases such as diabetes, childhood obesity (although it is not a disease), heart disease and many more. Banning junk food at school is a perfect solution because then there will be a higher attendance rate which would relieve teachers as they don’t need to do any catch-up lessons for the student. Healthier alternatives would be a better type of food in this case. It also gives a happier, healthier school as no one is going to get sick every now and then.

This also is a good idea because there will be a lot less litter on the ground. All process foods come with any sort of wrap to contain prevent it getting expired. Banning junk food at schools would lead to a healthier environment overall as the litter is always going somewhere in the end no matter what. This also leads to a better reputation for the school as it is less likely any litter would get on the ground since all junk food is gone, which means minimized wrappers and packets on the ground.

Ultimately, we should not ban junk food completely nor do nothing to the problem as both “solutions” has downsides but instead, we should balance both options to maintain happier students. Downsides to both may be the same and that is why we should balance the two instead of taking risks and choosing a worse side.