

Vail School District
5thGrade
BM# 2
Practice Prompt
Argumentative

DIRECTIONS:

Read the information and writing prompt below. Then use scratch paper for your prewriting/planning and your draft.

PROMPT: Your school is trying to decide whether to install a vending machine in the cafeteria. The school will get the profits. Kids would have access to more junk food. Take a position on this topic and explain your reasoning.

The Impact of Poor Food Choices

Childhood obesity is a growing problem not only in America but in other developed nations as well. Research shows that today's school going children are almost three times as likely to be overweight than they were 20 years ago.

Obesity in children can give rise to many diseases once thought to affect only adults. Type-2 diabetes that may progress rapidly to insulin required, fatty liver disease leading to high blood pressure, sleep disturbances and many orthopedic complications can develop as a result of obesity in young children.

Junk food has been identified as having negative impact on student health because they are high in fats and simple sugars that contribute to weight gain. Moreover, eating lot of sugary food (real junk food) reduces the capacity of students to pay attention in the class and do well in their studies.

Why Banning Junk Food in Schools May Not Be Such a Good Idea?

Quick and Easy

One of the main advantages of allowing junk foods in schools is that if on a particular day a child does not carry a lunch bag then he does not have to remain hungry and can easily have something to satiate his hunger. Along with that it is one of those easy to eat foods that can be eaten on the go. Therefore it saves a lot of time.

Change in Routine

Having junk food as a change in routine, instead of making it a part of ones staple diet is considered alright. It does not have major effects on a person's health either if this approach is used. The problem only arises if it is being consumed regularly.

Cooking Healthy

There are junk foods that are made supremely unhealthy by loading them with oils or unhealthy ingredients. Instead of that, if junk food like potato chips or juices are made available in the school cafeteria, there will be no need to depend on unhealthy choices from outside. Thus the same taste and thrill of having junk foods can be had without having to give in to unhealthy choices.

Financial Gain

An important fact that can't be overlooked is the financial support from the cola giants and fast food corporations to raise funds for school activities. Most schools cite revenue factor as a reason for not banning junk food in the schools because they have to rely on the money from vending machine and soft drink contracts. For example, Minnesota schools make about \$40 million per year from just soft drink sales.

