

Should junk food be allowed in lunch boxes?

By Prisha K

- I disagree, junk food shouldn't be allowed in kids lunch boxes.
- Firstly, of course, junk food is very bad for our health . If we eat sweet things like lollies and chocolate we can get hyper. That's why some people like to have fizzy drinks like Monster in the mornings, so then they get energized or hyper. The intake of sugar/glucose in your body makes you that way. Other than sweets, there are fries, burgers, and pizzas. These foods can make you feel sluggish, they also gain fat in your body.
- Secondly, at school when kids bring junk food, they have lollies and chips in the mornings and the rest of the day they feel lazy or hyper. This makes them lose focus from their learning. The kids talk too much, play around and don't listen to the teacher. This is a bad thing to do. Instead, bringing fruits or nuts will help you to stay focused.
- Lastly, when kids bring lollies to school everyone wants them. The person who bought the lollies, when they refuse to share, their friends can get angry and that can cause an argument between the two. It's bad.
- In conclusion I believe that perhaps once in a while you could have junk food as a treat. But having it everyday is very bad, as I said in my reasons. Please change your opinion about junk food.
THANK YOU!

Should junk food be allowed in schools?

In my opinion I think we should NOT be allowed junk food in schools because....

Eating junk food (junk food has sugar in it) causes most children to go hyper and will cause them to talk continuously in class which will disrupt other students.

Secondly, sugar can cause cavities and diabetes. To cure cavities it will be EXTREMELY expensive and diabetes is absolutely horrible. You need injections in your stomach every day and you won't even be able to have a single speck of sugar in your mouth.

Thirdly, your gums can become weak and your teeth will fall out.
And that's why you should not eat junk food.

By Sahar

Should Junk Food Be Allowed In Schools

Perhaps lollies and junk food are yummy and people think that junk food is healthy or yummy but the question that I will be answering today is: Should junk food be allowed in children's lunch boxes?

What can junk food do?

Lollies and junk food can do so many things to your body and your immune system but I am only here to tell you a few reasons why it is so bad for you.

1. It can rot and ruin your teeth
2. It can be very unhealthy for your body
3. It can make you sick and feel unwell

And it can do so many things for you. Taking breaks from junk food is very good for your health. I believe that if you eat healthily then you grow faster but anyway let's move on.

What do I think?

In my opinion, I like lollies and junk food but I also like healthy food as well. What I think is that people should not be allowed to bring junk food to school and here are some reasons

1. It can cause diseases and sicknesses
2. It can cause hyperactivity

But my main question for you is... Do you want that?

Now, you may not know what I mean so here's what I mean ... Do you really want to get sick and get diseases? Do you really want to get all hyper and go crazy and do you want to hurt yourself and others around you? Well I know I don't. I don't know how to explain it very well but junk food is just bad. I don't know why but it just is so I encourage you to agree with me and not the junk food.

THANK YOU: *By Hanaia Toilalo!!*

Should junk food be allowed in school lunch boxes?

In my opinion, I think, "NO", because it is not good for the health. In general junk foods are highly processed foods and contain more calories than ever and little nutrients, when compared with healthy food. Overeating junk food causes obesity and leads to several health problems such as health diseases,etc.

Why junk food is bad for your health.

Eating junk food on a regular basis can lead to an increase of obesity and chronic diseases - diabetes/and fatty livers and some types of cancers

It is rightly said you are what you eat. And there's no better place to see it than in your teeth. This is because various foods and drinks can cause plaque, which can cause permanent harm to your teeth. Plaque is a sticky, bacteria-filled film that causes gum disease and tooth decay. Sugars cause bacteria to release acids that attack tooth enamel after you consume a sugary snack or meal.

In conclusion I believe that junk should not be allowed in school but sometimes a little should be okay as a treat.

By Ibrahim

Should junk food be allowed in our lunch boxes? By Prisha P

In my opinion, I think junk food should be allowed in lunch boxes: it makes children happy, it is a reward for their hard work and it is also a means of celebration.

Firstly, junk food should be allowed because we should earn it after our hard work because we did our work with great effort and we earn it as a reward.

Secondly, we should earn it after all when we finish our whole work and get one just before going home. It makes us feel proud of our achievement.

Thirdly, we should have one mini packet of chips in our lunch box and the rest of the healthy food choices. This enables us to eat all our lunch and we feel satisfied.

Lastly, I believe that if junk food makes us happy and if we get it as a treat or as a prize if we win for being nice to our teachers and our parents because we deserve it, then why should it be a problem?

In conclusion, I believe that Junk food is not all that bad and it is perfectly okay to enjoy it for a treat or as a reward.

WHY JUNK FOOD SHOULD NOT BE ALLOWED

REASON 1

So reason number one. Kids could get cavities and their teeth could go yellow and that's bad for a young aged child. Also teeth could go rotten and that's really horrible for a young child and dentists are really expensive. So I recommend stopping.

REASON 2

Reason number two. Why should you not bring junk food to school? It is also really bad for your body, because it has a high amount of sugar in the food you're consuming and you should have a little bit just for energy in your body.

REASON 3

My third and last reason is imagine how your teachers feel about you not eating healthy things in your lunch box and wasting food that your parents give you. Also it is just a lot better to be healthy so you can focus in class.

THANK YOU FOR LISTENING TO MY REASONS. ALSO I HOPE YOU CHANGE YOUR MIND ABOUT BRINGING SUGAR TO SCHOOL. IF NOT IT IS FINE BECAUSE THIS IS MY OPINION.

CONCLUSION-DID THIS CHANGE YOUR MIND ABOUT BRINGING JUNK FOOD TO SCHOOL

Christabelle

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In my opinion I agree that you shouldn't bring junk food to school because you can just have it at home for a treat. I mean it is not an everyday thing because if you have it every day you will get sick of it plus unhealthy so i guess leave junk food at home for now and not at school.

Firstly: If you have junk food at school five days a week eating it will turn into a habit and when it turns into a habit, it gets really bad. You won't stop eating, you might not be able to get out of a chair and won't be able to grab healthy food when you need to.

Secondly: If you eat junk food it might affect your emotions and not focus on learning and if you're not focused you won't get pass grades. Then you will fail and you won't graduate and sometimes you might even FIGHT over candy which is a bad habit.

lastly: I think mostly for a kid's body, 30% sugar is okay instead they are consuming 70% sugar. That is not good. You could end some with many complications..

Conclusion: Junk food is yummy but don't have it alot and at school

Should junk food be allowed in lunch boxes? By Devanshi

Let's time travel and go to 2050. Imagine a world full of chip packets and chocolate wrappers everywhere. Beaches are flooded with litter and dirty water, and hospitals are packed with sick patients. All the sea creatures are dying as well as chickens. Standing in front of you are two tall skyscrapers. You walk forwards to take a closer look. Smoke pours out of the building and the labels on the buildings read KFC and McDonalds. Are you sure you would want that?

Hi, today we will be talking about if we should eat junk or not. In my opinion I think we should not have much junk food, but a little is OK. 30% junk food and 70% healthy food is a perfect combination to have in your lunch box. Why is that? Well, don't worry, that's what I'm going to be talking about!

Firstly, you should not eat too much junk food from your childhood or as you grow older it'll turn into a habit or perhaps an addiction. This will affect your health, and your immune system. If you have a sweet tooth, you might get cavities and might even have to get fake teeth at a young age! What a surprise! If you prefer french fries more, then that can also be very unhealthy. But how? French fries are basically potatoes, and that is healthy, right? Well, well, well, there's way more to that than you think. As well as potatoes, french fries also have lots and lots of oil. Oily foods are not really healthy for you. It will harm you if you have any health problems like: diabetes, BP problems, heart problems, etc.

Secondly, as you eat junk food you'll get clumsier, lazier, and very dependent. And soon enough, you won't even be able to get up from your chair and throw the litter away! Then the world will turn into a giant garbage truck*, like I mentioned earlier.

Lastly, junk food will be everywhere, and you will get so annoyed with it, that you will vow to never have junk food again. And you would be too clumsy, by then, to go and grab healthy food from the supermarket (if there is any left).

In conclusion, we should not eat too much junk food and bring healthy lunch boxes everyday, but a little is okay ;)

*not a literal one, obviously.

Should Junk food be allowed in schools? By Jacqueline

In my opinion there shouldn't be any junk food & lollies in our lunch boxes. At school you shouldn't buy or get lollies in the morning because lollies could get you into trouble & you could possibly get into a fight for not sharing them with your friends.

- Junk food is SUPER yummy but it should stay at home because you will not be able to focus in class. School is a place to learn and concentrate on what is being taught. In order to succeed in all your work you need to make some healthy food choices.
- Some people also get VERY hyper in class and the teacher gets unhappy when people do not pay attention to her when they don't focus and talk during class.
- Too much junk food affects your health. It causes diabetes or other health complications and you might die from one of those things so you have to be careful of what lollies you eat. Meats and vegetables are also very yummy and good for your health but you might be wondering how?

lollies have...

- cals 38%
- fat 0.01%
- cards 9.57%
- calories 384%

In conclusion I believe lollies are very yummy but you shouldn't eat them all the time, save it for a treat.

Should junk food be allowed in lunch boxes? By James

In my opinion it should be allowed but in small amounts. I think that because we work really hard so we need a reward. Also us happy.

Firstly because we work really hard and deserve a treat. If we work with reward then what is the point? If we open our lunchbox to see cabbage what kind of reward is that?

Secondly, it kept us happy. Kids don't want fruit and vegetables, they want sugar. And if kids aren't happy at the school then their parents will look at moving them elsewhere. If that happens in mass numbers then the school role will decrease year on year.

Finally we do need some sugar to survive. Without sugar we will have less energy. Even though it gives a short, sharp amount of energy it still gives energy. Sugar gives us glucose which is one of the most important things for us to live.

In conclusion I do think both sides have strong and reasonable arguments so I think I should leave it to you, the reader, to decide.

SHOULD JUNK FOOD BE ALLOWED IN LUNCH BOXES? By Aksshat

I think there should be at least a little amount of junk food.

Firstly, we need it, to help energize us. It is a yum sweet so it keeps us happy before a test. Surely it gives us calories, but then again, if we eat little, we could stay healthy.

Secondly, sugary treats like chocolate are keeping the world happy. If we make them verboten (means forbidden) now, little kids will cry more oftenly.

Thirdly and finally, chocolates are commonly given as gifts because it keeps them happy. These are my reasons. Some sweets may not have good sugar, but it keeps your body healthy because of protein.

Should Junk Food be allowed in lunch boxes? By Maimuna

In my opinion I think that children should be allowed junk food at school. you really deserve it, you should be able to get it because you worked really hard in the classroom, after some really hard work, we should get it. And also we will be really happy after getting a lolly.

Firstly, having a treat of a lolly is ok cause it can give some energy. But remember as much as it is yum and energetic ,it is also bad for you and your health. Having a little junk food is alright but it is super harmful to eat too much.

Secondly, if you do want junk food in your lunch box, have it, but minimum two that are healthy like an apple or sandwich or at least a yogurt. Then you might be saved from all that cavities and sicknesses.

Finally the one last thing I would like to advise you with is, that lollies and junk food is ok to have but if you have junk food and nothing else that is unhealthy which leads to many harmful health problems, so take my advice and don't have too much sugary food. It's ok to have a bit.

Should junk food be allowed in school

by Emily

- *In my opinion*

I think that junk food should not be allowed in school but my dad is buying junk food all the time.

- *Why I disagree*

Because if you eat too many candy your teeth will be black and if you eat too many junk food your will feel sick.

- *How many junk food you can eat*

You can eat a little bit of junk food because you don't feel sick and get black teeth.

Why junk food should not be allowed

by Delta

Hi my name is Delta and I am going to tell you why junk food should not be allowed in your lunch box .

Firstly, I think junk food should not be allowed in your lunch box because it is not healthy and you know you eat too much junk food your teeth will go rotten and that is not good for you so that is my first reason.

Secondly, I think junk food contains a lot of sugar which is not helpful for your body. Therefore, it should not be in your lunch. You could eat an apple and other fruits because they are good for you also like they say an apple a day keeps the doctor away.

Finally, I think junk food should not be allowed because it comes in packages which are bad for the environment. If you go to the beach and look you will see some rubbish. As well as, in school kids throw rubbish everywhere. Teachers have to tell the students to not litter on the school grounds.

Thank you for agreeing with my story that junk food should not be allowed in school .

