Essay

A lot of people do like fast food: hamburgers, chips, hot dogs, pizzas and so on. Such food is very popular nowadays, especially among children and teens. But fast food makes them overweight and even obese and elevates the risk of diabetes and cancer. Some people think that schools should forbid the sale of fast food. But others think it doesn’t solve the problem. I want to express my point of view on this problem.

As for me, I consider that children will always eat junk food, because it is very tasty. I adore cheeseburgers, apple pies, muffins and fizzy drinks like Coke, Pepsi, Sprite and others. If school will not sell junk food, the kids will eat it at home. They must understand that it is harmful. We can’t force children to eat healthy food. Junk food causes weight gain if it is eaten too much.

But some people think that schools can help solve this problem. They claim schools to forbid the sale of fast food. The menus in school canteens must be various, containing more vegetables and fruit. Teachers must tell children that fast food has a lot of chemical additives, fat, sugar or caffeine, that makes the children fat and draws energy away from their brains. In my opinion it doesn’t help solve the problem.

To sum it up, I must say that there are different opinions how to solve the problem of overweighting among children. Every point of view has the right to exist.