

Knowledge in the classroom but temptation in the canteen

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We spend all morning or afternoon in science lessons learning about how processed sugar and saturated fats are basically 'brain fog' in a wrapper. Then, the bell rings, we walk to the canteen and the only thing available is exactly what we were told to avoid. It is time to stop the mixed messages and ban junk food from our campus for good. Therefore, I agree that schools should ban junk food.

To begin with, schools have a responsibility to ban junk food because of the serious risks it poses to students' physical health. Consuming high amounts of sugar and saturated fat on a daily basis is a primary cause of childhood obesity and chronic illnesses like Type 2 diabetes. When these unhealthy options are easily available at school, students develop poor eating habits that can last a lifetime. Consequently, removing junk food from campuses is a vital step in protecting students and ensuring they grow up healthy.

In addition to physical health, the sale of junk food in schools negatively impacts students' academic performance and ability to focus. Many processed snacks are high in sugar, which causes a 'sugar crash,' which is a sudden drop in energy that leads to fatigue and poor concentration. It is contradictory for schools to expect high grades while providing food that makes students too tired to learn. Therefore, banning these items is essential for maintaining a sharp and productive classroom environment.

Some argue that students should have the freedom to choose their own food to learn personal responsibility. However, most students are easily influenced by sugar cravings and lack the maturity to resist unhealthy marketing. It is the school's duty to provide a healthy environment that encourages better habits. Ultimately, protecting students' health is more important than the temporary freedom to buy junk food.

In conclusion, schools must ban junk food to truly prioritise students' success. This change would reduce serious health risks and prevent the 'sugar crashes' that interfere with learning! If schools want to prepare us for the future, the canteen must reflect the nutrition we are taught in class. We must choose academic excellence over the convenience of unhealthy snacks. The health of our generation depends on the choices we make today.