

Banning the Sale of 'Junk Food' in Local Schools/Work Distribution Table

Should The HKSAR Government Ban The Sale of 'Junk Food' in Local Schools?



The HKSAR Government should ban the sale of 'junk food' in schools for the following reasons.

Firstly, we all know that 'junk food' is unhealthy. It usually has a high content in sugar, oil and salt. It is deep-fried and crispy as well. Apart from the above mentioned, 'junk food' indeed also lacks of nutritional value. That is why it is considered as 'junk'.

Secondly, banning the sale of 'junk food' in local schools can prevent the students from easily purchasing with it at school. This can also help promote healthy eating.

Thirdly, the banning of the sale of 'junk food' in local schools can motivate students to choose healthier food. Students will gradually cultivate healthy eating habits and hence, their overall health can be improved.

Banning the sale of 'junk food' is undeniably beneficial to all students. Therefore, the HKSAR should impose the ban as soon as possible.



First of all, we must emphasize that students have their own rights to choose what food to eat. Banning the sale of 'junk food' in local schools seems good as students can only choose among the limited healthy food or snacks when they are at school. However, this deprives students' rights of choosing the food they would prefer.

On the other hand, banning the sale of 'junk food' is not really effective. There are so many convenient stores and fast-food restaurants in any part of Hong Kong that students can just go to any one of them to purchase 'junk food'. Besides, student can even buy the 'junk food' and bring it to school.

Banning is neither an effective nor practical way to boost the student's health. Furthermore, it deviates from the freedom of choice possessed by the students. In conclusion, the HKSAR Government should not ban the sale of 'junk food' in local schools.

Front Page	Designer: Desmond	Editor: Michael	Tommy	Desmond	Michael	Arthur
	Introduction				✓	
	Design			✓		
Page 2	Survey Design		✓	✓	✓	✓
	Survey Conduction		✓	✓	✓	✓
	Findings Organization			✓		
Page 3	Interpretation		✓		✓	
	Negative Effects		✓			
	Food Pyramid/Government Promotion			✓		✓
Page 4	Advice					✓
	Opinion Column		✓		✓	

HEC
SPECIALFREEDOM TO CHOOSE
MOMENT OF TRUTH

Survey conducted in Wah Yan College Hong Kong

A survey conducted in April, about what Wahyanites eat for lunch. Interested in it? Go to p.2.



Is fast food really that good? Will it do any harm to us? How should we choose? What should we do?

For details, see p.3



Banning the sales of junk food in local schools, do you agree? Which side are you on? p.4



THEME OF THIS ISSUE

FREEDOM TO CHOOSE
MOMENT OF TRUTH

Health is the moment of truth in your life. However, not many students eat healthy. What about you? Do you have a healthy diet? Are you concerned about your health condition? We are presenting a survey to find out what Wahyanites eat for lunch. Moreover, other articles related to healthy diets can also be found in this newsletter. Hope that you will enjoy reading it.



Fig 1 Sample of the survey

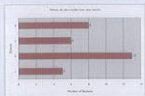


Fig.1 Graph of question 1

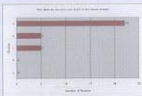


Fig.2 Graph of question 2

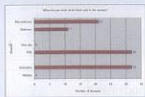


Fig.3 Graph of question 3

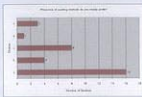


Fig.4 Graph of question 4

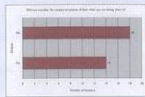


Fig.5 Graph of question 5

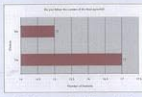


Fig.6 Graph of question 6

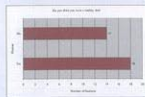


Fig.7 Graph of question 7

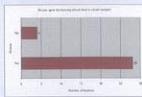


Fig.8 Graph of question 8

From the graphs, it is shown that most students have their lunch in restaurants nearby. Students who have lunch in the school canteen say that they have their lunch there almost every day. All students interviewed consistently agreed that the food sold in the canteen is unhealthy and oily whereas less than half of them think that the food is delicious.

50% of the students prefer steaming to other cooking methods. 25% of them prefer frying while 12.5% prefer deep-frying. About 60% of the students reveal that they do not consider the content of calories of foods when they are consuming them. However, more than a half say that they follow the content of the food pyramid. More than half of the students think that they have healthy diets.

Rounding up all the data, we can deduce that Wahyanites generally do have consciousness of healthy diets.

P.S. A majority of students interviewed agree to the banning of junk food in school canteen. (For details, see page 4)

HEALTH: The negative effects include increasing the risk of developing insulin resistance, namely diabetes. Besides, eating fast food speeds up people's risk of clogged arteries, which can lead to heart attacks.

FITNESS: Fast food has a very high energy density. When we take in fast food, we are actually taking in excess amount of calories and thus the risk of suffering from obesity is increased.

APPEARANCE: There is usually a high content of oil in fast food. Therefore, the problem of pimples may be increased if too much fast food is consumed.

As a whole, eating fast food is unhealthy to our bodies as it may cause different kinds of diseases and we will have a higher chance of becoming obese.



Fig.1 From Normal to Obese



Fig.2 The Food Pyramid

EAT THE RIGHT FOOD

With reference to the Food Guide Pyramid, we are advised to eat a variety of foods among all the groups as well as within each group so as to obtain the essential nutrients to meet our daily needs.

EAT THE RIGHT AMOUNT

Everyday, a specific amount of nutrients is needed to maintain our optimal health. It is unwise to eat either too much or too little. Therefore, eating moderately is significantly important.

Aiming to promote health diets in order to reduce the risks of diseases, government recommends a daily intake of at least 2 servings of fruits and 3 servings of vegetables (about 80 grams per serving).



Fig.3 Eat the Right Amount

	DOs	DON'Ts
BUYING	<ul style="list-style-type: none"> - Fresh food - Low-fat product, eg. Skim milk - Include more vegetables and fruit in your diet 	<ul style="list-style-type: none"> - Deep-fried food - Too much meat
COOKING	<ul style="list-style-type: none"> - Cook by steaming, stewing, poaching or boiling. - Trim all visible fat from meat before cooking. 	<ul style="list-style-type: none"> - Use too many animal fats, eg. lard and butter. - Use too many sauces, condiments or seasonings.
EATING	<ul style="list-style-type: none"> - Ask for a sugar-free drink - Eat according to the food pyramid. 	<ul style="list-style-type: none"> - Fried rice or instant noodles - Fatty meat, poultry skins or organs