

Should the HKSAR Government ban the sale of "junk food" in local schools?

I. Reasons For

By Chan Ho Cheung Christopher
and Yip Ka Ki Michael

The sale of junk food should be banned in all local schools.

Firstly, junk food is bad for us. There are lots of bad effects on our health. Junk food is common in children's diet. They get addicted when they first start to eat junk food. Junk food has a big effect on learning.

The other problem of eating junk food is that it leads to obesity and bad health. It is full of chemicals colouring, fat, flavourings and a high level of sugar.

Junk food is quite expensive because it is sold in small amount and cannot be our lunch or dinner. Children and teenagers have to spend more to buy an amount that they find enough. It is unhealthy and waste of money. Banning the sale of junk food can help many people to save their money.

We think banning the sale of junk food can help to stop us from harming ourselves.

The Editors

Yip Ka Ki Michael Chan Ho Cheung Lau Kai Chun Lau Kwun Ming

Design	✓			
Findings	✓	✓	✓	✓
Interviews	✓	✓	✓	✓
Texts	✓	✓	✓	✓

II. Reasons Against

By Lau Kai Chun Matthew
and Lau Kwun Ming

We think that the government should not ban junk food.

The main reason is that we have the freedom to choose. People have their own right to choose what they eat. In addition, helping children to get away from junk food is the parents' responsibility but not the government's.

Moreover, it is very difficult to define junk food. For example, sweets are a simple snack with little nutrition only. So is it junk food? How about pizza, biscuits and other similar foods? Thus, there is a big problem for the government when it comes to making laws. Related to this problem of introducing legislation, fast food restaurants like McDonald's, Pizza Hut and Kentucky (KFC). They cannot have business in Hong Kong anymore. Or they will break the law so the government will have a lot of debate with the fast food restaurants.

Instead of banning junk food, it is of paramount importance that the government should educate people to choose the right food according to the food pyramid and nutrition values of food.

Gezond Freedom to Choose

Freedom to choose means we are free to choose anything including food. Then, how can we choose correctly? There is a tuck shop in our school and there are quite many unhealthy foods such as fried sausages, and instant noodles, etc. Junk food contains lots of oil and chemical substances. It may affect our health. We will be fat or face problems such as pimples if we eat too much. Then, how can we maintain good health?

Actually, the food pyramid tells us how a good diet is. The Hong Kong Government also has some health promotions such as "Smart Lunch 321", "2 plus 3" and the latest "Joyful Fruits Day" to remind us healthy eating habits. However, some of us may go to the slimming centre or take medicine which claims to keep you fit and healthy? What do you choose?

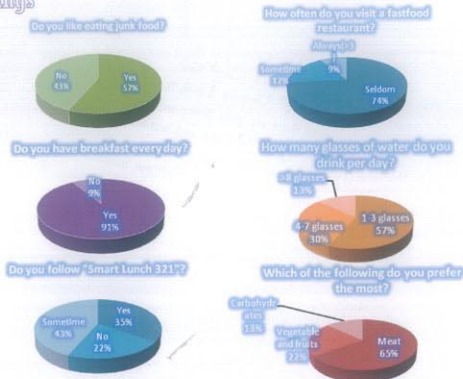
Some say that we should ban the sale of unhealthy food in all Hong Kong schools because those foods with high calories have lots of harmful effects on our health. It may cause obesity and affect the appetite we have for the main meals. Nevertheless, we still have the freedom to choose.



Background of the Survey

In March 2008, twenty three Wahyanites, i.e. one student from each class were invited to answer our questionnaires. There are six questions about food and diet. It was conducted to find out what Wahyanites eat. All the questionnaires were collected and analysed. The findings are as follows.

Findings



Over 50% of the Wahyanites who were interviewed like eating junk food and 74% of Wahyanites seldom visit a fast food restaurant in a month. The majority of the subjects have breakfast every morning. 57% of them only drink 1-3 glasses every day. About 43% of the interviewees sometimes follow "Smart Lunch 321" but nearly 20% of students never follow. 65% of them prefer to eat meat and 22% of students prefer to eat vegetables and fruits. About 31%, 30% and 22% of those interviewees eat steamed, deep-fried and grilled food respectively.

Conclusive

Health and diet go hand in hand. It can affect our health if we have a bad and harmful diet. According to the results of the survey, most of the Wahyanites interviewed like to eat junk food and meat, and drink little water every day. A scientific study shows that people who eat a lot of fruits and vegetables may have a possibility of getting illnesses, such as heart disease and cancer.

The Negative Effects of Eating Fast Food and Junk Food

There are some studies which show that eating fast food can make people become fat or obese.

The big size is not simply an eyesore. It is a major risk factor of deadly diseases such as, diabetes, hypertension, high heart disease, cholesterol, and even many types of cancer.

Because the body collects lots of fat, sebaceous glands secrete an oily substance called sebum that is made of fat and the debris of dead fat-producing cells. When the outer layers of skin shed continuously, the dead skin cells left behind may become glued together by the sebum, blocking the pore. Then pimples may appear.

How can we eat healthily? Let's look at the Food Pyramid.



The new food pyramid replaces the horizontal blocks with vertical triangular sections of color representing the different food groups across the front, proportionate to the amount you should eat of each group. In addition, they used six rainbow color bands of the Pyramid structure that are essential for good health and added an image of a stylized person climbing steps represents the importance of physical activity.

<http://www.myfoodpyramid.gov>

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day.	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.	Eat a variety of fruit	Go low-fat or fat free when you choose milk, yogurt, and other milk products.	Choose low-fat or lean meats and poultry
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta.	Eat more orange vegetables like carrots and sweetpotatoes.	Choose fish, beans, canned, or dried fruit	If you don't eat calcium milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.	Take it, broil it, or grill it
	Eat more dry beans and peas like pinto beans, kidney beans, and lentils.	Go easy on fruit juices		Vary your protein intake -- choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyFoodPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day: To lose weight 2 to 3 1/2	Eat 5 1/2 oz. every day

Find your balance between food and physical activity.

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For maintaining weight loss, at least 90 to 180 minutes a day of physical activity may be needed.
- Children and teenagers should be physically active for 60 minutes every day, or more.



How can we keep fit and healthy?

There are many ways to keep fit and healthy but you should not take any medicine to help you keep fit because it may affect your health. You should never be fit and healthy by skipping breakfast, lunch or even dinner, it won't help you keep fit. The most important point to keep fit and healthy is to maintain a regular diet and living mode. You should follow the food pyramid and Smart Lunch 321 promotion, which has been created by the Department of Health in Hong Kong, suggest that a healthy lunch box should provide mostly grains and cereals (e.g. rice noodles, noodles and rice), more vegetable and less meat in a ratio of 3:2:1. Please avoid eating fast food because it contains lots of oil, sugar or salt. Lastly, You must eat more vegetable and fruits.