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## Resource Guide 1

# THAT WE SHOULD BAN JUNK FOOD IN SCHOOLS

### *Introduction*

With more than 30% of Victorian school students now classified as overweight or obese, the Victorian Government is taking direct action to help solve this critical issue. Junk food is predominately blamed for causing obesity, resulting in a number of short and long term health problems. There is currently no legislation aimed at the restriction of these foods in school canteens, although similar laws aimed at soft drinks, such as Coke, have recently been made.

Those in favour of restricting the sale of junk food frequently point to Australia's position as the most obese nation in the world as proof that junk food is harming us, whereas others argue that junk food is only harmful in large amounts and there is no evidence directly implicating school canteens.

Unfortunately, the numbers of Australians is continuing to rise, and something must be done to halt this worrying trend.

### *Questions to consider when constructing your team's case:*

- Why should we ban junk food in schools, and not anywhere else?
- What causes obesity? Will banning junk food actually solve the problem?
- If children want to eat junk food, where else can they get it from?
- Why can't we trust students and parents to make healthy food choices? Why should we allow freedom of choice?
- Why should the Government try to protect children?

### *Useful website links*

News.com.au, 20 February 2017, 'Push to ban junk food at schools '  
<https://www.news.com.au/lifestyle/health/diet/push-to-ban-junk-food-at-schools/news-story/6f08effc2e59f68c17b88736305edac4>

Today's Parent, 27 October 2017, 'Why parents (and schools) shouldn't ban junk food'  
<https://www.todaysparent.com/kids/kids-health/why-parents-and-schools-shouldnt-ban-junk-food/>

The West Australian, 27 February 2018, 'Curtin University study shows WA school junk-food ban success'  
<https://thewest.com.au/news/education/curtin-university-study-shows-wa-school-junk-food-ban-success-ng-b88757303z>

WebMD, 18 January 2012, 'Does Junk Food in Schools Matter?'  
<https://www.webmd.com/children/news/20120118/does-junk-food-schools-matter#1>