

Name _____

Banishing Junk Food: A Healthier Path for School Cafeterias

Short Answer Key

1. Junk food consumption among children is linked to health risks such as obesity, diabetes, heart disease, and dental problems.
2. Banning junk food from school cafeterias contributes to the educational mission of schools by promoting knowledge about nutrition and providing students with nutritious meal options.
3. Banning junk food can level the playing field for all students by ensuring that even those with limited access to healthy food options at home have equitable access to wholesome meals at school.
4. The long-term benefit of banning junk food is that it sets the stage for a lifetime of better health and well-being by instilling healthier eating habits during childhood, which often continue into adulthood. This can reduce the risk of chronic health issues and improve overall quality of life.
5. Combating childhood obesity is considered a crucial goal in the context of banning junk food from school cafeterias because junk foods contribute significantly to obesity, and removing them helps promote healthier eating habits among children.

