*Year 8*

*Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Writing a balanced argument model

**Read the following text to find features of a balanced argument:**1. Attention grabber \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Thesis statement \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. A point with the topic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. An example that proves the above point: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. A counter argument: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. A linking word of addition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. A passive form: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Should junk food be banned from schools to promote healthier eating habits among students?**

In recent years, there has been growing concern about the impact of junk food on children's health, particularly within school environments. The prevalence of unhealthy food options in school cafeterias and vending machines has contributed to rising rates of childhood obesity and related health issues. This essay will argue that banning junk food from schools is necessary to promote healthier eating habits among students and mitigate the negative effects of poor nutrition.

Firstly, junk food consumption has been linked to numerous health problems, including obesity, diabetes, and cardiovascular disease. According to research published in the Journal of the American Medical Association, children who consume a diet high in junk food are at greater risk of developing these conditions. By removing junk food from school premises, students are less likely to consume unhealthy snacks and meals, leading to improved overall health outcomes.

Secondly, the presence of junk food in schools undermines efforts to promote healthy eating habits and nutrition education. Despite initiatives to educate students about the importance of balanced diets, the availability of sugary, high-fat snacks sends mixed messages about dietary choices. Banning junk food from schools sends a clear and consistent message that nutritious options are prioritized, encouraging students to make healthier food choices both at school and in their daily lives.

Moreover, banning junk food from schools can help create a positive food environment that supports students' academic performance and well-being. Numerous studies have shown a correlation between nutrition and cognitive function, with a diet rich in fruits, vegetables, and whole grains associated with improved concentration, memory, and mood. By providing nutritious meals and snacks, schools can enhance students' cognitive abilities and academic achievement.

Some may argue that banning junk food infringes on students' freedom of choice and may not effectively address unhealthy eating habits outside of school. However, it is important to recognize that schools have a responsibility to promote the health and well-being of their students. By removing junk food from school premises, educators can create an environment that supports healthy habits and reinforces the importance of nutritious eating.

In conclusion, banning junk food from schools is a necessary step to promote healthier eating habits among students and combat the detrimental effects of poor nutrition. By prioritizing nutritious options and creating a positive food environment, schools can empower students to make informed choices about their diet and contribute to their long-term health and well-being.