

Some nutritionists think the snack offerings at your school are terrible. Because of this, parents are asking the principal to remove all soda and candy machines.

Think about how you feel about the removal of soda and candy machines.

Now write to convince your principal whether schools should remove or allow snack machines that contain soda and candy.

Snickers' motto, "Hungry? Why wait?" speaks volumes about the temptation of taste-bud-tingling sweets and effervescent sodas, so much so that students may forego a meal to indulge in a guilty pleasure. Despite their delectable flavors, the nutritional value of such foods are detrimental to one's body, particularly the developing body of a young, inquiring mind. Accordingly, vending machines that highlight sugary treats and drinks have no place in academic institutions. Not only do these unhealthy snacks promote weight gain and drowsiness, their mere presence in schools leads to poor decision making. Principal Algaze, with the increasing focus on student success, our school must expel these belly-and-brain-bullies!

While weight gain among our students cannot be entirely attributed to the sales of Crunch and Coke in school, the accessibility of unhealthy snacks is detrimental. In fact, my Medical Skills instructor recently designed an experiment to expose the dangers of junk food binging. Half of the class was allowed to snack on candy and soda from snack machines during the school day, while the other half was forbidden. After one week, as expected, the Sweet Tooth group's members registered increased numbers on the scale; they gained an average of two pounds! The control group members, in contrast, controlled their cravings and weight maintenance was their trend. If candy and soda machines are permitted to crowd the halls of our schools, so will more of our students—literally—for their waists will widen and their booties will bulge.

Another side effect of nibbling on Nerds or sipping Sprite is the negative physiological effect of sucrose-filled foods; once the initial hyperactivity fades, lethargy sets in. This is most problematic in an academic setting, and my entire second period class can attest to this. We pigged out on pastries, Oreos, and Sunkist at our literary film festival. Instead of juxtaposing genres, my classmates and I giggled and chatted about our vacation plans and gift wish lists. Our off-task behavior led to punishment: a three-page essay about

