Some people might not agree with me but here is my opinion on whether children should or should not have junk food, I think that children shouldn't be able to buy junk food until they reach a certain age. Eating too much junk food leads to obesity and heart disease. From the story about whether or not kids should be able to buy junk food says and I quote:"about one in five kids in the US have obesity." That is because of eating too much junk food. Another fact from the story is, "people with obesity are at a higher risk for health problems such as heart disease."

Another reason why children should not be able to eat junk food is that children can't control themselves. From the text it said, "children don't think about the long term consequences of the food there eating." They know something tastes good so they want it. "If a child or a parent eats too much junk food they will get sick as I said before. Also, eating too much junk food can add a lot of calories to a child's diet that they won't be able to burn off on a normal day. The explanation for this is, if you didn't know that the food you're eating has a certain amount of calories in it, like if you eat something from the store, on the package it has the amount of calories that is either from the amount per serving, or the whole thing.

Another reason why I think that we should ban junk food is that parents can control the amount of junk food that their child eats, this will help with the fact that one in five children in the U.S have obesity.   It might also help with the other fact that eating too much junk food such as candy chips and soda can add a lot of extra calories to a child's diet. This causes obesity and heart disease. And yes I did already say that but it also supports those facts as well. And even though you might not agree with me, that is my opinion on whether or not kids should be able to buy junk food.