Sour on Sweets

• Should schools ban candy and desserts?

Candy, cookies, and cupcakes are getting kicked out of class! Officials in Newburyport, Mass., recently banned sweets and soft drinks from the town’s schools. Students there aren’t allowed to munch on candy and sweets at school, even if they bring the desserts from home.

The attack on snacks is necessary because many kids are overweight, school officials say. They hope the rule will encourage students to eat more nutritiously. But the ban leaves a bad taste in some parents’ mouths. They say school officials have no right to control what their children eat.

Should schools ban candy and other sweets? WR News student reporters Ashley Nordahl and Paul O’Neal chewed over the issue.

Yes!

Kids should learn to eat healthier.

The school district should ban sweets. The town has too many overweight kids. If kids are overweight, they can get sick. The rule doesn’t mean kids can’t have candy at all, just not at school. They will still be able to get some candy at home.

Would you rather be overweight and sick or eating great and healthy? It is part of your choice. The rule will motivate students to eat healthier. “This program will make sure kids won’t be sick from being overweight,” says Madeline Chaplin, a fifth grader from White Bear Lake, Minn.

What you learn in school affects your future. If you learn to eat all junk food, chances are you’ll do the same thing when you’re grown up.–Ashley Nordahl, Minnesota

No!

Kids should eat what they want.

I think bringing sweets to school should be permitted. In some cases, candy has fewer calories than healthy foods. For example, four Hershey’s Kisses have only 100 calories, while a serving of raisins has 130 calories!
If a serving of raisins has more calories than some candy, why shouldn’t bringing sweets to school be permitted?

Also, school officials shouldn’t decide what kids eat in the first place. It is the parents’ job to make sure their children don’t eat too many sweets. If they say their kids can eat candy, then their kids should be allowed to do it. “It’s really a family decision,” says Hannah Schwartz, a sixth grader from Newtown, Conn. “It’s not for the school to decide.”--Paul O’Neal, Florida

Debate It!

Do you think schools should ban sweets? Why or why not?