

Sugary Drinks Should Not Be Sold in Schools

Excessive intake of sugary drinks increases the risks towards diabetes, heart disease, and dental cavity and thus the drinks should not be sold in schools. According to the American Academy of Pediatrics, the number of kids who suffer the conditions has increased to 60% over the last decade just because the kids are allowed to buy soda and other sugary drinks in school. This statistic is an alarming one. However, more importantly, sugary drinks should not be sold in school because of three major issues; obesity risks, uncontrolled behaviors, and caffeine disturbances.

Kids who take excessive sugary drinks are at risk of becoming obese. According to the World Health Organization, a single bottle of soda has at least 18 tablespoons of sugar. This is equivalent to 240 calories. This is too much for the school going kids to digest or assimilate into the body. In the long run, it contributes to fast weight gain. Obesity exposes kids to cardiovascular diseases and low self-esteem. Nevertheless, if there are restrictions as to how many bottles every kid should buy per day, then the risk will be reduced.

Kids who also take the sugary drinks in excess have the tendency of becoming aggressive, anxious, or depressed. According to a study by the Journal of Pediatrics, these kids get into aggressive confrontations with their mates and are likely to cause them physical harm. But still, it's a matter of controlled selling. If the institutions do not oversell the sugary drinks, then such uncontrolled behaviors can be reduced or be totally prevented.

Some sugary are packed with caffeine and it causes jittery, stomach upset, migraine, and sleeping difficulties to most kids. A research by Kids Health shows that these symptoms make it hard for the kid to concentrate in class. In the end, the performance of the student is affected negatively. The symptoms, however, cannot be widespread in schools if alternative drinks such as natural fruit juice and water are introduced. Kids will enjoy taking an option like lemon juice over soda if they know the risks attached to the latter.

Clearly, sugary drinks pose a number of health and social problems to school going kids and therefore the drinks should be sold in the institutions. It all boils down to proper education. The kids, their parents, and school staff should understand the dangers of selling soda and drinks alike to the students. This will help significantly in boosting the health of the kids and to improve their social living.