

# Persuasive Writing

*"Junk Food Should Not Be Sold To Children."*



# Junk Food Should Not Be Sold To Children.

*Questions to guide your research*

What does the term junk food mean?

What types of foods are classed as junk food?

Where can I find out some facts about junk food?

What effect does junk food have on the human body?

What rules are in place in our community regarding junk food sales?



# Facts About Junk Food

## Junk Food Definition:

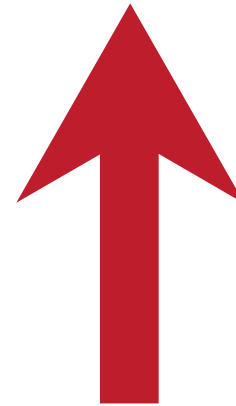
Junk food describes food and drinks low in nutrients (e.g. vitamins, minerals and fibre) and high in kilojoules, saturated fat, added sugar and/or added salt. Eating too much junk food is linked to serious health problems.

## Junk food affects your mental health:

Foods that contain high levels of sugar and saturated fats affect your brain's chemical activity. Scientists have discovered that these chemical changes affect memory and can make you feel depressed and anxious.

## Junk food can be addictive:

Fried and processed foods contain trans fats which send mixed signals to the brain. This interferes with the brain's ability to process how hungry we are. It can lead to food cravings and over eating.



**obesity**

**heart disease**

**diabetes**

**depression**

**dementia**



# Choose a text type:



a newspaper article



email to a community leader



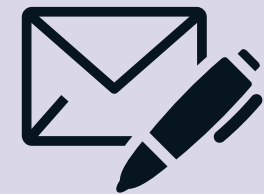
a slide show or video



a speech to another class



a debate in front of peers



a letter to a magazine editor