

Recent research shows that the consumption of junk food is a major factor in poor diet and this is detrimental to health. Some people believe that better health education is the answer to this problem but others disagree. What is your opinion?

In The past Decade plenty of valid and reliable experiments conducted by high profile and famous scientific research labs around the world bear out the claim that a certain type of food ,namely junk foods are a serious threat to the general public health. Some people point out that our best approach to overcome this problem is to devise a comprehensive plan to raise awareness in regard to the side effects of overusing malnutrition/unhealthy nutrition.in contrast, the opposite the other side believes that education is not effective enough to tackle this issue.

The proponents of education as our ultimate solution to this so called nourishment crisis usually consider education as a long-term response. They believe if we train people to adjust and control their feeding system effectively by increasing their knowledge and telling them disadvantages of foods with poor nutrition they will automatically switch to healthier foods.

The opponents are conversely of the opinion that education may not be our best possible solution. They cite the couples of inferences to back up this point of view. The most frequent one is the fact that every year multinational food corporations dedicate considerable amount of money for advertisement to promote selling the rate of their products and keep their extremely profitable business alive and thriving .Thus, we need more decisive actions such as passing severe laws to deter food manufacturers from producing detrimental foods or increase sale tax on these foods to make it expensive or price inefficient for the potential consumers.

I personally opt for education because I think not only does it grant freedom of choice, but also in contrast to other possible answers to this particular complexity it is permanent.in addition to this, enforcing these types of laws often needs a significant proportion of financial resources due to its urge for supervising policies and advisory organisations.in other words, unnecessary expenses that government should incur.

Overall, issues related to people' wellbeing are quite complex to deal with. Therefore, we need precise educational programs to control consumption as well

as production of unhealthy foods simultaneously to keep our mind open to creative ideas.