

Scientists agree that many people eat too much junk food and it is damaging their health. Some people think that this problem can be solved by educating people, while others believe that education will not work. Discuss both views and give your own opinion.

These days people from all walks of life are used to have a lot of fast food which in fact, is not beneficial to their health according to many research conducted by nutritionists. While many maintain that educating the populace play a crucial role in lowering this trend, others, however, believe the attraction of such food is so high that even educated people cannot resist it let alone the ordinary consumers.

That an overwhelming majority of people in this day and age have fast food at least once a day is an undeniable fact. Spending most of their time at work, most people living in modern metropolitan areas rarely find appropriate time to cook. Educating ordinary people can certainly reduce this high consumption of unhealthy food, hence the importance of enlightening people's knowledge. This is of high importance especially amongst children and other vulnerable groups.

Having said that, many hold the idea that raising social awareness is not an effective solution preventing individuals from enjoying junk food. Trained in medical profession, many a general practitioner not only has fast food, but also smokes. Undoubtedly, the mentioned groups are completely aware of the life-threatening illnesses consuming fast food can lead to. Perhaps the hectic pace of life besides palatable taste are the two major factors in growing fast food industry.

By way of conclusion, not only do I believe that educating people is quite a good idea, but I also argue that introducing suitable laws can pave the way for reduction of fast food consumption. Applying progressive tax on individuals' junk food expenses, along with subsidization of healthy food is a highly effective way to address this widely prevalent issue.