***Scientists agree that people are damaging their health by eating too much junk food. Some people think that the answer to this problem is to educate people. Others think education will not work. Discuss both views and give your opinion.***

Fast food has been proven to be the main **culprit of obesity** and other **diet-related diseases**, however, the habit of eating excessive amount of fast food has never **lost momentum.  One school of thought holds** that education can **rectify this situation**. However, there is still much **skepticism** about the effect of education.  In this essay, both of these viewpoints will be analysed.

On the one hand, education can stop people from further damaging their health by consuming fast food. From my perspective, although many eat fast food because of its affordability, **the root cause of this lies** in the fact that they are **not adequately educated** about the damaging consequences of junk food consumption, and the benefits of healthy eating. According to recent studies conducted in the neighborhoods where fast food stores are easily accessible, more than **two-quarters of the residents** know or care little about what they are consuming and how it can affect their health.

On the other hand, education alone will not work. The fact is that many people who are aware of the consequences of eating junk food are **unduly pessimistic.** In other words, they are often **in denial** and convince themselves that **unhealthy habits are not as terrible as the media** want them to believe. Secondly, it is very difficult for fast food eaters to reduce their dependency on fast food because it contains many addictive artificial flavours.

All things considered, education is one viable solution to put a stop to the obesity epidemic, but it does not suffice.  I feel that more efforts should be made to combat obesity.

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The proliferation of fast food has become underfire over the past decades, following by people’ growing concern about health. Some individuals suggest that the way to combat this issue is to educate people, others argue that this method will not work. This essay will discuss both perspectives.

It is undeniable that education generally curbs the consumption of the junk food by keeping eaters informed with the adverse effects of it. Consumers can learn that excessive consumption of the fast food typically result in numerous chronic health problems such as diabetes, obesity, they, therefore, can adjust their daily routine diet. Moreover, education which can be represented in many forms like progandas of high-quailty gym facilities, or healthy food endorsed by well-shaped celebrities, leads to the implication that they need to involve in more exercise.

However, although education seems to boost people’ awareness about health issues, it fails to work. Firstly, if eaters are lack of self-discipline and self-motivation, they typically still engage in increasing consumption of the junk food. According to recent researches conducted by health experts, overeating fast food are able to produce addicted-behavior which is similar to heroin-addiction in rat labs. Secondly, education is not powerful as much as other alternatives like taxation. Because junk food is well-known for its convenience and reasonable price, if the price increase, fast foods are likely to less appealing to consumers.

In conclusion, based on above reasons, on the whole. Although education should not be underrated, it seems to me that other alternatives outweigh.

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The proliferation of the fast food has become underfire over the past decades, following by people’ growing concern about health. Although some individuals hold the idea that education may solve this issue, many focus on other alternatives. This essay will discus both perspectives.

It is no doubt that education is likely to enhance people’ awareness about health. Through the social media and valuable lessons from schools, eaters are capable of aborbing information about chronic health issues or diet-related diseases such as diabetes, obesity, heart attack and so forth caused by numerous preservatives contained in this food like salt and sugar. For example, some healthy magazines endorsed by well-shaped celebrities including christ hemsworth, dwany joshson, will result in implication that people need to eat healthier. Moreover, some fast food chains like mc donald’s has noticed this problem and added more vegetables to their meals to encourage consumers.

On the other, education alone will not work. This is often linked to the fact that the pace of the modern business world leaves little time for a formal lunch break. More and more individuals have to eat in a hurry or eat on their desk while engaging in their work. This issue need to be tackled by the government, using their power to force more compainies strengthing the employees’ luch break. Another reason is that , those who lack of self-motivation or self-discipline may fail to change their behavior eventhough they are well-informed about adverse effects of the junk food. However, the competent authorities can add the taxation on the fast food, making the it less appealing to consumers so they can rethink before purchasing this product

In conclusion, although education has a influence on the fast food consumption, many alternatives should not be underrated.