

## Argument for age restrictions on fast food

Walk down any high street in any town and you will be confronted by lots of fast food temptations from McDonald's to KFC. At a time when children are becoming increasingly more obese I will consider arguments for and against setting age restrictions in order to stop children from eating too much junk food.

Eating healthily can help you keep your weight down but it isn't just this that we should consider. Eating fast food occasionally would be fine if people also exercised regularly.

On the other hand, children do not have a lot of opportunity to get out in busy cities like London. Furthermore, they often pass fast food restaurants on the way home from school and there is always advertisement pressure to grab a bag of chips or fried food before going home.

Alternatively, people have the right to eat what they want and not be told they can and they can't. If we accept age restrictions on fast food what might come next? Age restrictions on fizzy drinks; Sweets?

We should also remember though that fast food places target children with their advertising and free toys, e.g. McDonald's Happy Meals. This puts pressure on parents to give their children what they want.

Having considered both sides of the arguments I believe an age restriction on fast food isn't the solution because people should have the right to make up their own minds. I do however think that there should be a restriction on how close fast food places open up near schools.