

The Importance of School Lunch

Schools should provide more nutritious lunches (**claim**) in order for students to understand the importance of eating healthy (**reasoning**). Lunch at school can be used as an educational opportunity to teach kids what a healthy diet looks like (**warrant**). Teaching children how to eat a balanced diet is fundamental especially in the United States, where one in five children are obese (**backing**). In California, 31.2% of children are considered obese (“Study of Children Ages 10 to 17”) (**backing**). Children ages 10-17 diagnosed with Type 2 diabetes has increased 21% from 2001 to 2009 (Gebel) (**backing**). It is clear that nutrition should be considered more seriously in schools.

For students whose families are struggling financially, school lunch is the only time they are able to eat a healthy nutritious meal (**warrant**). The meals currently provided at schools are processed and unhealthy. Schools order meals from companies that manufacture processed foods that only require schools to reheat the meals (Komisar) (**backing**). This results in lunches such as chicken nuggets, pizza, and “mystery meat”. Schools should provide meals made up of fresh ingredients.

School lunches should be made up of quality fresh ingredients (**warrant**). The USDA currently purchases meat for school lunches from the lowest bidder that passes government standards. They also purchase from plants that previously had health violations. The USDA has purchased beef from a plant that had 171 critical violations in the past 18 months (ABC News) (**backing**).

Others might argue that it is the parents’ responsibility at home to teach their children how to eat healthy (**rebuttal**). Although children receive most of their calorie intake outside of school (**qualifier**), it is also the school’s responsibility to not sabotage the child’s diet (**warrant**). Research shows that students who eat healthy school lunches are more likely to eat more nutritious food throughout the rest of the day compared to those who do not (Fisk) (**reasoning**).

Schools have the ability to shape not only the education of a child but also their health (**warrant**). It is important to teach children from a young age how to eat a balanced diet in order for them to establish a healthy relationship with food. The first step to take is by providing children with a healthy lunch made up of fresh ingredients (**claim**).

AR-15 rifles should not be banned

AR-15 rifles should not be banned from public sale (**claim**) because banning one type of a firearm does not reduce likelihood of a gun related deaths (**reasoning**). Banning firearms also infringes on the constitutional rights of the individuals who want to own and bear firearms (**warrant**). The McDonald v. City of Chicago 2010 ruling by the Supreme Court stated that the Second Amendment is an individual right to bear and own firearms, which would be infringed on if the lawmakers decide to ban AR-15 (**backing**).

Banning AR-15 rifles will not reduce the likelihood of gun related violence (**warrant**). Gun related deaths in this context are deaths caused by firearm injury (**definition**). Only 17 active-shooters were using AR-15 rifles, which only represents 10% of the overall number of active-shooter related incidents that took place since 2000 (Plumer, 2012) (**backing**). In addition, banning one type of firearm does not reduce the number of firearms that are available for individuals to purchase at any gun store (**backing**). This further exemplifies the ban of the firearms as a failed attempt by government to infringe on constitutional rights of citizens.

Nevertheless, it can be said that not all citizens are using firearms for hunting, sport related activities, and self-defense (**qualifier**). In 2010, there were 36 criminal gun homicides for every one justifiable homicide ("Firearm Justifiable Homicides and Non-Fatal Self-Defense Gun Use", 2015) (**qualifier**). Even though this number is large, the only unknown is if the AR-15 was used in these gun related homicides (**reasoning**). Therefore, it is safe to say that a ban of the AR-15 would not reduce criminal gun related homicides (**reasoning**). However, what can be said for certain is that some of the individuals who are among those who used firearms 2.5 million times a year in self-protection will not be able to do so with a ban on AR-15 (Cox) (**response**)(**claim**).

In the end, a ban of the AR-15 from public sale does not reduce gun related deaths (**warrant**). What this ban instead would do is take one type of firearm away to be used for self-defense (**backing**). In addition, this ban would infringe on the constitutional right for individuals to own and bear arms as stated by the Supreme Court in 2010 ruling (**backing**). Therefore, AR-15 rifles should not be banned from public sale (**claim**).