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We as citizens need to protest the way big companies produce our foods, and show how it is morally wrong for them to produce a poison that contributes greatly to obesity. Many believe that the big food corporations that supply the nation with manufactured/ processed foods are contributing to health problems and obesity. Us as a nation can do one of two things we could protest the way that they produce our food and the healthiness of the food; this protest would certainly cause the big businesses in America to change their processing habits. We could also make the decision and listen to “How Junk Food Can End Obesity” which in a way glorifies what we consider “Junk Food”; this article states that junk food contains some ingredients that provide nutrition all the while containing the similar amounts of fat, protein, and sodium as organic foods that we consider healthy.

Just like Rage Against the Machine protests government corruption in their song “Sleep Now In the Fire”, we as a society could make the decision to protest against the way Big Companies produce food. Any form of protest would be used to demand healthier foods for our country. Healthier foods for our country lead to a healthier country as a whole. This protest doesn’t have to be as direct and demeaning as Rage Against the Machine was with their protest song, but we can demand healthier foods in a more subtle way; such as boycotting fast food, or perhaps taking it up with government officials demanding a bill to be passed that requires the production of healthier foods in a healthier way.

As a society we could also choose to walk a different path than protesting; we could use the information presented in the article “How Junk Food Can End Obesity” and go about life as we are currently. This article presents information that shows the difference between what we consider “junk” and what we consider “healthy”; the article states things that are the contradictory of what our media portrays as healthy. The article often references the Whole Foods market chain several times stating that the media glorifies these organic whole foods but if one looks at the nutrition label it is found that these whole foods have just as much if not more of substances like fat and sodium.