

Kids Say No to Junk Food

By Lisa Carole Copeland

Jordana, Judith, and Jacob Eisen never munch on candy or drink soda. You could search their whole house and not find a single potato chip. Shocked? Don't be. These kids are members of Kids Against Junk Food (KAJF). KAJF is a kids' club that cares about nutrition. About 750,000 kids from age 5 to 18 belong to the club. They say no to fatty, sugary snacks like chips and chocolate and yes to healthy snacks like fresh fruit. They know that junk foods may cause cavities and other health problems.

KAJF members want to teach other kids about eating right. They send out a newsletter and have healthy food parties. They have even asked the U.S. Senate to make a law against selling junk food in school cafeterias. "Some kids at school buy lunch, and then just eat desserts," said 9-year-old Jordana Eisen. "That can be really bad for you."

KAJF is also unhappy with some of the commercials on TV. They don't like ads that try to talk kids into eating sugary cereals or fatty foods. The club even gives "Hall of Shame" awards to food companies that try to get kids to believe that junk food is good food.

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1. What is your favorite kind of junk food?

Right There

Think and Search

Author and You

On My Own

2. What is KAJF?

Right There

Think and Search

Author and You

On My Own

3. What has the KAJF club done to help teach other kids about eating right?

Right There

Think and Search

Author and You

On My Own

4. How are your eating habits different or similar to Jordana, Judith, and Jacob Eisen?

Right There

Think and Search

Author and You

On My Own

5. About how many kids belong to the KAJF club?

Right There

Think and Search

Author and You

On My Own
