

Some people think the government should subsidise fruits and vegetables to make healthy food more affordable. Others argue that the government should tax unhealthy food instead. Discuss both views and give your opinion.

Whereas some individuals think that the government should subsidize fruits and vegetables to make healthy food more affordable, others argue that they-it should tax unhealthy food instead. In this essay, I will outline both views before explaining why I strongly believe that both approaches can be effective.

In my opinion, if the government subsidizes healthy food, such as fruits and vegetables, poor families will be able to eat healthy foods. Nowadays, since these foods cost a lot, people on low incomes cannot afford them. They have to eat junk food, such as chips, cola and sweets, instead of healthy snacks, and therefore their bodies may not produce enough energy to work hard, and they may feel tired and exhausted, which can have a negative impact on their quality of life. Furthermore, when healthy food becomes affordable for everyone, all individuals may be encouraged to buy it and put it in their meals and snacks, so they can lead a healthy lifestyle. For example, children who receive pocket money from their parents, may choose healthy snacks, which are cheaper, so they feel happy with their purchase.

On the other hand, if the government taxes unhealthy food, food companies may find it difficult to sell it at low prices. Therefore, people may buy fewer junk foods, such as pizza, instant noodles, cakes and pastries, **which are detrimental to their physical health and can**

make them obese. Since the production of these kinds of foods may decrease, people may have less access to different products. In addition, taxing unhealthy food can reduce health problems in society. If people eat less junk food, they may have **fewer health problems, such as obesity and heart disease**. As a result, the government may spend less money on healthcare.

In conclusion, both subsidizing healthy food and taxing unhealthy food can be effective ways to encourage healthier eating habits. While subsidizing fruits and vegetables can make healthy food more affordable, taxing unhealthy food can reduce its consumption. Therefore, I believe that both approaches can be useful in improving people’s eating habits.

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On the other hand, if the government taxes unhealthy food, food companies will find it difficult to sell it at low prices. Therefore, people will buy fewer junk foods, such as pizza, instant noodles, cakes and pastries, and the production of these kinds of foods will decrease, which means people will have less access to them. In addition, there will be fewer health problems, such as obesity and heart disease, in society, as a result of which the government will spend less money on healthcare and have more for other important areas like education and the environment..