

A Case for Chewing Gum in School

Imagine you are taking a math test, but you just cannot concentrate. This is why we need gum. Everyone wants that refreshing piece of gum within his or her mouth during school. There are many benefits to acquire gum at school. These benefits can help you perform better in school and help you learn more. Although some say that chewing gum is a horrible idea, when one views the research, they will discover there are great advantages.

One reason we must include gum at school is because it helps in keeping students awake. When I am at school, I witness many students looking sleepy or wanting to fall asleep. The solution to this predicament is gum. According to a scientific study by Kathleen Melanson from University of Rhode Island, when you chew gum your metabolism increases by 20 percent.(Source: www.medicalnewstoday.com) When someone's metabolism is raised, they are more likely to stay awake. This evidence shows that gum needs to be allowed at school to help students stay awake.

Second, permitting gum chewing at school will help improve your test scores. According to research conducted by the American Society for Nutrition, they found out that students who chewed gum during class during a 14-week period, had a significant increase in test scores and received a better finishing grade compared to those who did not chewed gum. This example supports that schools need to tolerate gum in order for students to improve on tests.

Several people might say that gum is unhealthy and is not good for you. On the contrary, gum is pretty healthy and actually lots of different types of gum are sugar-free and have xylitol. Some evidence explains that xylitol reduces cavities by 70 percent (Trident Company.) That is a great bonus. Clearly, you should be able to chew gum at school, because you can get healthier and stronger teeth.

Lastly, gum can assist students concentrate. Research has exposed that the movement you make when you chew gum makes your brain think it is going to get food. Then, insulin, which enhances learning and

memory, is released to the brain and helps it focus. (Andrew Scholey, Swinburne University, www.medicalnewstoday.com) In the U.S. military, soldiers have chewed gum since World War I to improve their concentration. (Wrigley Company) With the research stating these facts, it is clear that gum needs to be allowed at school to improve your concentration.

It is essential to recognize that chewing gum includes many great benefits, such as improving students' test scores, concentration, and metabolism. Before one sees the research, gum-chewing might sound like a horrific idea. In fact, chewing gum really is a great thing to allow at schools. So, if people want to improve students' ability to do better in school, gum-chewing should be allowed at schools.

<http://thinkgum.wordpress.com/2011/04/21/middle-school-student-makes-the-case-for-chewing-gum-at-school/>