Jane 8/16/17 A1

Healthier Food Options We Deserve

Although America gives its citizens freedoms, children have very little control over what is fed to them (literally). They eat what is in the fridge, they see what is posted on walls of cafeterias, and they watch the exercise that the people around them get. So why are we surprised by childhood obesity when those same kids aren't offered a healthier option? The National Center for Health Statistics says that kids are larger than they were than they were in the past. I think these facts show that America has become more okay with heavier children. The average child has become not only longer with height but also much larger in weight. I don't agree that it's because kids have larger bones- it's that larger kids are more accepted in society than they were in the past. Kids will want to start eating healthier when healthier lifestyles surround them. But not anymore; schools are using their power to help change the diets and mind sets of young kids in America promoted by the First Lady Michelle Obama's Lets Move campaign. Too many kids don't get enough exercise, as stated by Mrs. Obama in her video of a speech in Mississippi for her campaign on children's health in America, which is supported completely by the way schools have nonchalant advertisements surrounding the kids as told by us in the article published in NBC News by Maggie Fox. How are we supposed to promote healthy foods when schools are paid to do the opposite? Schools are paid "$149 million a year" (Fox para 3) to advertise unhealthy foods by companies. Nowadays, kids are preoccupied by the new technology we use in everyday lives. Although technology can be extremely helpful for times such as learning and development in our world, it can take up our time when the real world is going on. We are often too virtually focused instead of focused on life happening around us. As Mrs. Obama says, heart diseases and cancer are more common among children than it should be. This isn't a problem kids should have to deal with. Kids in the past have only had to worry about the minor childish things that are small when compared to large things, such as sickness and death.

As a child of an obese generation, my fridge is full of pretty heathy foods. When offered fruit or ice cream, I'll always choose fruit. Maybe this is just my taste buds, but more than that I think it's what I've been taught at home. I watch both of my parents exercise regularly and they even watch our calorie intake, but never force me to eat something more or less; it's always been up to me. My schools have also supported this idea, with gym class, exercise time, and even removing the trace of unhealthy foods altogether. With my education from health class of the importance of a good diet, I feel that I'm well prepared to care for my own health, and some day my children's health as well.

The new school snack rules are a terrific idea. On an everyday basis, kids aren't being fed enough, but when they are, it's often unhealthy foods. Unhealthy diets can lead to grumpy moods and unfocused minds. We've always been taught that one bad decision can bring us to another one. When you start this chain of ridiculous calories and crazy added sugars, you find yourself in situations of bad behavior that give kids dark futures. Investing in healthy eating now can possibly provide for our future because ultimately, we're investing in our kids. Childhood obesity has become an extreme problem, one that can't be solved by just one movement, but the first step is always a good start.