

Sunday, April 30, 2006

News Nuggets

Congress wants to Ban Junk Food in Schools

The obesity rate of students jumped four percent, from 14% to 18%, in four years, according to the Centers for Disease Control. (No need to document this, we all see for ourselves that this is true. But, here is the supporting link.)

<http://tinyurl.com/hazdz> While the Senate Agriculture, Nutrition and Forestry Committee (I'm not making this "Forestry" part up) ponders the danger of close to 1/5 of our children being on the brink of long-term health problems, we should wonder how so many high-sugar, high-salt, high-fat, caffeine-laced "food stuffs" get into our schools in the first place.

Second, we should wonder if schools are the only place that our kids get to eat this stuff?

Consider a study in NYC that determined that 25% of toddlers are obese and that 40% are too heavy for their age. This issue was most acute among children from lower socioeconomic homes. Why?

<http://tinyurl.com/lkty5>

Then, we should wonder "who's job it is to teach children what to eat?"

And finally, we might ask "Does lack of exercise also play a part in this problem?" (That is, unless we belong to the Food Products Association, and believe that non-nutritive food stuffs [no pun intended] has to be present in schools so that children can learn right from wrong [about eating].)

Maybe "No Child Left Behind" means that they are too heavy to run and can't keep up.

->SidebarEnd Sidebar

Posted by Classroom Toolkit Newsletter in News Nuggets at 11:00