**“Healthy Guidelines”**

**By JB**

When I think of the word “healthy,” I think of the term, “In good health.”  We all know that we have those friends that can just eat, eat, and eat, but they are still fit, and overall healthy.  Then there are the friends that have been on a diet for a year or two, and you’re always forced to say, “You’re getting there!” while you are thinking what kind of diet is that?!  What I’m getting at is that there is no average amount of calories that would be considered the best fit for a kid’s meal, which is exactly what they are trying to do in schools all across America.  I believe that the healthiest guideline for lunches at school, is to provide hearty, and healthy snack foods to students, inform them on what they need for lunch according to their lifestyle, and don’t allow fast food restaurants to advertise in schools.

    I don’t know about anyone else, but when I think about the word “healthy,” it is a very broad term.  It brings in a number of meanings, for when you’re talking about food you eat, your body works, or even how well your mind works.  What most people don’t think about, is that all of those are connected.  In an article written by, Maggie Fox, an NBC News journalist said, “Studies show children perform better academically and have fewer discipline problems if they aren’t hungry during the day.”  One guideline I suggest is to always provide healthy and hearty snack foods to the students, to extend on that, this **does not**mean that they need access to little pizzas and Bosco Sticks.  It means that they should have access to fruits, various kinds of nuts, granola bars, etc.  Foods that are overall healthy and will affect a child in all areas to be able to perform at their best abilities.  By doing this, most kids won’t have the stomach grumbles during class, and they will be able to focus on studies, not about eating a huge meal right after school.

Another guideline I suggest, would be to have all students in the school, and have a doctor come in and assess the students on what would be the healthy thing to do for themselves.  There is a reason why athletes are in better shape, they train and coaches sometimes will have a meal plan for them during their season, furthermore, there is a reason why obese teens are obese, by not being active and not having the knowledge of what is the best for them.  Allowing doctors or practitioners come in and inform students what to do based on their lifestyle, will not only give them a chance, but will encourage them to change their lifestyles.  According to Charles Wilson and Eric Schlosser, two experienced writers in the field of Healthy Foods, say that a small high school in Texas, the cafeteria took foods high in sugar and fat, and replaced them with healthier options.  They retaliated with protests and had the school bring that food back, and 50% of the boys and 33% of the girls were considered obese.  If these students had the knowledge of what these types of foods can do to your body, maybe they would have second thought their actions and get on the healthy road of life.

Many people argue the reason why having fast food restaurants in the school won’t affect the standards needed to be met when it comes to the intake of calories and what’s needed in able to have all food groups on the plate.  In fact, thousands of schools across the nation have fast food chains inside their schools because they are able to provide a limited menu that allows the students to get them to order their “healthy foods.”  So what’s the problem? Well, first of all those “healthy meals” are very limited. As in you might have a choice of 3 or 4 different meals to choose from.  Another big problem looming is that our first lady, Michelle Obama, is urging companies to stop selling their sodas and junk food inside schools, which means  this will ban the advertising of sodas and unhealthy snacks in public schools which will be a USDA rule, according to a NBC news report.  If this would happen, a lot of schools are going to lose a lot of money by not having the extra sales from soda and snack machines.  To extend on that, the schools may not be ready when those options are kicked out of their school, and they are left without a food program.

Schools should be very cautious of what they are providing their students for food, and look at

 healthier alternatives such as healthy snacks, providing personal health information for their

 own good, and to watch out for too much negative advertising for junk food.  Doing all these

things will be beneficial to the overall well-being of all students in public schools across

 America.

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