**The picture states that the average ten year old boy around the turn of the millennium was more than 14 pounds heaver than the average boy of the same age in the early 1960 while the distance in height was just an inch. I agree with this statement because the portion of food sizes are a lot more today than it was than we also have a lot more fast food restaurants and children don't do much physical activity today as much as they did then.**

**The National Center for Health states that children's sizes matter not only because child obesity can be harmful at the time but it can hurt them in later life. Weight is easier to lose when you are young but it's also easy to gain, so choosing what your child eats is important because if they don't maintain a healthy weight, they may never be a healthy weight. When I looked at the facts and statistics it didn't seem like much at first glance, but when I thought about it, it occurred to me that it was a large jump for the small span of 34 years**

**Day 1) The National Center for Health says that kids are getting (on average) are getting bigger in weight, height, waist height, and girth. They are getting a lot heavier and the weight gain is unproportional when compared to height. I think that the numbers are going up for a few reasons. Kids now are eating more fast food and junk food causing their weight to be higher. The food they are eating now also has more hormones added. These hormones cause for them to grow a little taller but can also affect the way their body handles the fat and food they have in their body.**

**The national average foe height, weight, and gurth of calf and biceps for 10 year olds have all increased sense 1965. The height would have a little do do with the weight increase but not as much as the weight has increased. I feel that nutrition does have some to do with this but I also feel as that new technology does too, if we ate the food that we did but did more physical activities then the weight wouldn't be such a problem. But because of X-Boxes and Playstations, kids are more influenced to just stay inside on the couch and not do anything as they consume all of the calories. There also are lots of more convenient unhealthy food available for them.**