**Over the course of time, people have noticed that kids are getting bigger. Not just taller, but fatter as well. The proportion at which the height and weight increase, the weight significantly passed the height kids grew. There is without a doubt that childhood obesity is a problem. The national center for health statistics has a picture comparing kids from the 1960s to 2002. The picture proves that kids have gotten heavier over time. I do agree that kids are getting heavier, but I do not think that changing the way every kid eats is the answer to childhood obesity.**

 **Kids are not getting enough exercise now a days like they use to. This caused people to worry and others, like Michelle Obama, to try to solve the problem. Maggie Fox came out with an article discussing childhood obesity, and what Michelle Obama has done to try to solve the problem. "First lady Michelle Obama wants to stop companies that sell junk food to students." She believes that by changing the way kids eat will help childhood obesity, so she has decided to limit the amount of calories that schools give students, and have taken out what she considers "unhealthy" snacks. There are kids that choose not to eat the school food because it doesn't taste good, and there are others that bring their own lunch because schools no longer offer the required amount to satisfy a kids hunger to get them through the day. I know many of kids that are in shape and eat what ever they want, whenever they want. You don't have to change the way you eat to lose weight, you have to have enough respect for yourself and desire to better yourself by getting up and working out. You shouldn't have to lose weight, you should want to do it for yourself. No one has the right to make you do something you may not want to do. I started taking my own lunch to school because the school didn't offer enough food to get me through the day. By my 5th class I would be hungry again and have to wait after my practice to eat again. I don't get to eat for 8 hours after lunch at school. What about kids that don't have much to eat at home and the school lunch was really the only thing they had to eat? Now they don't have enough food to eat. The new school snack rules are not a good idea. I believe this reason because they are limiting the amount of food a kid can eat. Who's job is it to say how much a kid can eat? When you limit how much kids can eat, the athletes do not have enough energy and calories to supply their body for their needs when they workout.**

 **I believe that childhood obesity is a problem, but I don't believe that changing the way that kids eat by limiting the amount of food given Is a good way to help solve childhood obesity. Kids have to take it upon themselves to want to better themselves. I also believe that eating healthy is important to give your body what it needs to function, like vitamin, protein, ect. That is what I think people need to do to solve childhood obesity.**