**Solutions to Making School Lunches Healthier**

 **In today's society one of the biggest problems is childhood obesity. The word obesity means being overweight (Fox paragraph 4). Some of the contributing factors of children being overweight are lack of exercise and unhealthy eating habits. First Lady Michelle Obama is trying to solve this problem by changing the food in schools. She is starting a program called "Let's Move" which is an initiative to help kids become healthier by eating right and getting enough exercise. Childhood obesity is also causing more kids to have diseases like diabetes, heart disease, and cancer. This is a very serious problem in today's society that needs to be solved.**

 **In the video "Michelle Obama Speech on Healthy Eating" Michelle Obama says, if we work together we can reverse some of the trends that childhood obesity causes (Michelle Obama Speech on Healthy Eating, 2010). In the picture from the National Center for Health Statistics it shows a picture that represents ten-year-old boys from 1963-1965, and a picture that represents ten-year-old boys from 1999-2002. It shows that over this amount of time ten-year-old boys have had an average height increase of an inch, but they have had an average weight increase of about 15 pounds. This shows that childhood obesity is a growing problem in the United States.**

 **In the article "First Lady Proposes Ban on Junk Food in Schools," the author shares, "Healthy eating is one of Mrs. Obama's goals as First Lady. The new rules are part of her Let's Move program. She is fighting childhood obesity." (Fox paragraph 4). Some of the new rules are that ads for junk food will be banned, and food ads would have to meet guidelines before they are allowed to be advertised to students. This could improve the food in schools by not making as much of this type of food available to students while they're at school. These are things that some people are saying when it comes to the issue of childhood obesity.**

 **The measures that are currently being taken to solve the problem of childhood obesity in schools are not working. Even though Michelle Obama claims that school lunches are healthier because things like sugar, carbs, and calories are being cut back, this is incorrect. Our school has cut out sweets in lunches in an effort to make them have less sugar. This is not working because more carbs are being added to school lunches because of the desserts being removed, and carbohydrates break down into an even worse sugar, so this effort so far has been unsuccessful. Kids suffering from childhood obesity need lunches that are actually successful at being healthier. School lunches need to be filling at the same time, because this would make kids not be as hungry, therefore they won't want as many unhealthy snacks. Another important thing to take into consideration is that not all kids need the same number of calories because their activity levels vary. For example, a student that plays multiple sports and has practices after school needs to have more calories than a student that spends more of their time doing things like watching TV and playing video games. Also kids are not getting enough fruits and vegetables because they are poor quality and they are just throwing them away, instead of eating them.**

 **Based on what I have said the measures that are currently being taken to make school lunches healthier need to be reexamined. For starters school lunches need to have the appropriate number of servings for each food group. This would be a major step in making school lunches healthier because it would be a well-balanced meal. Also the quality of school food needs to improve because then students would eat more of their lunch instead of throwing it away. Another key thing is that school lunches need to be more individualized to fit the needs of students. Our calories need to be limited based on activity level which is the determining factor on how many calories our bodies need. Going back to what I said about the quality of food, the fruits and vegetables would have improved quality if they came from local farms, and they weren't pumped full of chemicals and preservatives. The meat in school lunches would be of better quality if it was actually real meat, instead of by products being used as substitutes. A good solution for making school lunches more individualized is to allow students to choose one extra serving of something based on what they need. Students also need to be educated more about food so that they can make better choices. If these measures are taken I think that it would go a long way in helping solve the problem of childhood obesity.**