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| **Kids are getting bigger, and not in a good way. The relationship between height and weight is becoming less and less ideal. I think this isn't just because of the food choices kids are making, but that the content of the foods has changed. Food producers replace ingredients with new ones to make their food taste better, last longer, or loom more attractive. These changes are almost always harmful to the healthiness of the food.** |
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**The National Center for Health statistics say that children are getting larger as the years pass. I think that these statistics may seem like a problem, but they may not always be. Some of the reasoning for our difference in size is how advanced technology is. This allows us to keep nourished and in some cases, too well nourished. And that's what happened to some of these children and adults.**

**The national center of health states that the size of the average child has grown in the last 40+ years. These stats show how the child grows and how they are pudgy. This is also how we are eating to much as a society. This is shown in the proportions between the hight and weight.**