

Dear First Lady Michelle Obama,

I am a junior at Tates Creek High School in Kentucky. In my English class we have talked about school food and how you want it to be. Well, as a high school student in America, I feel that it shouldn't just be up to one person to decide how we should eat. I feel that there should be more physical activity instead of removing good food from the schools.

Physical activity isn't only good for the outer appearance and health, but also for the brain. This is because food doesn't necessarily affect the brain like it does someone's health. The article states, "According to University of Georgia, even briefly exercising for 20 minutes facilitates information processing and memory functions." More physical activity means better memory. A child can be physically distressed, but with exercise, a child's logic will become improved. My point is that you along with the board of education believe that the food will help a child, but my argument is that physical activity should become more plentiful.

My next argument with the fact that you took all of the good food out of the schools due to the rate of obesity is that it isn't fair to the rest of the kids who do not struggle with weight. To me this isn't fair because I am a child who never

struggled with weight, but loved the school lunch before everything was changed. I looked forward to eating lunch at school, but since things have changed I sometimes do not eat. Do you believe that some kids don't eat lunch anymore because the food is gross? Well you should because it is true. I honestly believe that other decisions could be made such as, taking the choice of ice cream and popsicles away if we got the old food back. Or maybe even giving us more choices of fruits and vegetables. As a kid still in public school I believe that this is the best way.

Last but not least, I believe that school lunches weren't the reason for the rate of child obesity in America. I believe that a lot of kids have weigh issues because of a family history of obesity. What can a child do when he or she is over weight? Simply diet at home. It's the fair thing to do. The article says, "This is the largest-ever genome-wide study of common childhood obesity," study author Dr. Struan F.A. Grant, associate director of the Center for Applied Genomics at The Children's Hospital of Philadelphia, said in a written statement. "As a consequence, we have definitively identified and characterized a genetic predisposition to common childhood obesity." A kid can't help the fact that obesity runs in their

family. The right thing and fair thing to do is work with his or her family and exercise and not take the food kids love out of school.

The main reason I disagree with what you did was that it's not fair to those kids who never struggled with weight or physical activity. Maybe some things will change with the school lunch and the weight issue in America. America is just a lazy country. Everything is handed to us and it's not right. Thank you very much for listening to my side and how I feel.

Sincerely,

Maia Williams