

Student Author Opinion

“Funding schools would change the way kids act and feel because they would exercise more and eat healthier.”

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msanchez@campbellusd.org or 408-341-7254.



Obesity Problem Needs a Solution

Did you know that one in every three kids are obese in America? Many kids in America are obese and part of that comes from unhealthy foods served in schools, and it also comes from so many kids eating fast food. Obesity has gotten so bad in America that it has been declared a disease. This affects 36 percent of adults and 12 percent of children in America. To help with the obesity problem, the government should fund schools so they can get healthier foods and more fun exercise programs.

Some schools don't have the proper funding for getting healthy food because it costs more. They require the funding to get healthier food. That

is why the government should give them an annual amount of funding for the better food. The First Lady wanted to have the school's grain products be 100 percent whole grain. This is a big deal because whole grain products cost more. Also, Mrs. Obama got funding for fruits and vegetables for summer programs.

The government should fund schools so they can grow gardens. One school in Los Angeles started a garden and the fruits and vegetables helped improve the health and grades of the students. The students ate more fruits and vegetables and got to try foods they never had before. Because they were involved in a school activity, it improved their grades. Schools can also use the money to start after school or in-school exercise programs that allow students to have fun while exercising. Mrs. Obama has a program called "Let's Move!" to try to bring physical activity to schools and children. Some children don't exercise outside of school physical education (P.E.), but having after school activities for fun exercise would help kids do more exercise. Children need to exercise at least 60 minutes a day, and having better funding to have these programs would help.

Funding schools would change the way kids act and feel because they would exercise more and eat healthier without trying or getting up and remembering to exercise. A reason kids are obese is because they don't exercise. It does not appeal to them. Obesity is a real problem and extra funding for schools would improve it.



Zachary King

Dedication

Dedicated to my two moms, two brothers, and teachers Miss Hughes and Miss PiraMoon.

About the Author

Zachary King was in 7th grade in Campbell Middle School when he wrote this opinion piece for a class assignment. In his free time, Zachary enjoys watching videos, performing in plays and musicals, swimming, and riding his bike.