



Student Name: Ricardo Zetino  
School: E.L. Haynes  
Grade: 6  
Topic: School Lunches

My name is Ricardo Zetino and I'm in 6th grade at E.L. Haynes. Did you know that according to Union of Concerned Scientists, "Obesity rates among children nearly tripled between 1970 and 2000; today approximately 16% of US youth are classified as obese."? Unhealthy school lunches have been known to be a factor to childhood obesity, so we need politicians and principals to recommend schools start meatless Mondays and school gardens so that healthier food options can be served for lunch.

The problem is that there are some schools that serve unhealthy school lunches. According to the Union of Concerned Scientists, "Obese children are 10 times more likely than their peers to become obese adults—and adult obesity has serious health consequences, including increased risk of type II diabetes, hypertension, and other chronic diseases." For example, there are meats that have grease fat in it and that grease can cause blood vessels to clot and that could mean heart disease like heart attack. Because unhealthy school lunches can cause type 2 diabetes and heart disease, we need programs like meatless Mondays to help decrease this problem.

My solution to unhealthy school lunches is first, start a school garden so schools can get fruits and vegetables without using their budgets. Second, schools should start meatless Mondays as a way for kids to have a day where they don't have to eat greasy food. According to the Union of Concerned Scientists, "A 2014 Harvard School of Health study found that vegetable consumption increased by 16.2 percent in the first year of implementation at four low-income schools." This demonstrates that if we increase vegetables served in school lunches it will help reduce childhood obesity rates. Once schools serve healthy school lunches and students get used to them, we can decrease childhood obesity rates, so that there will be fewer unhealthy adults.

There will be parents saying "I could just pack my kids lunch instead let them eat the school lunches". However, students can get food from other sources, so home packed lunches aren't the solution to unhealthy school lunches. And according to WebMD, "There's no way to be sure what you're packing in their lunches is what they are actually eating; foods can be traded and snacks can be bought from vending machines or local stores." This demonstrates that we need to do something about unhealthy school lunches. Because if we don't implement healthier school lunches now, then obesity could get a lot worse. In conclusion, politicians and principals should advocate for school gardens to help put more healthier food options in school lunches and meatless Mondays to help reduce how much grease food students eat.

Word Count: 444