

Taylor Parker  
Cornerstone 10AM  
Dr. Gruenwald  
December 1, 2013

## Critical Review

The topic that I have chosen for my speech is The Healthy, Hunger-Free Kids Act. I chose this topic because I felt it had a lot of interesting information and statistics about how the government of the United States is approaching childhood obesity. The government in every way possible wants to minimize childhood obesity. They set forth this act to help minimize this major problem that is occurring here. Many children are faced with this problem due to being fed unhealthy meals. In the long run, these unhealthy meals that they are being fed will give them health problems in the future. We want our country to be as healthy as possible when approaching our eating habits and physical activity excursions.

Finding sources for this topic was a very easy process. I went onto the ROD library account accessed through the University of Northern Iowa. I searched Healthy Kids Act in the search bar and multiple different articles/sources came up. All of the sources shown were great options to use towards my speech. Narrowing it down to six sources was the hard part. All of the articles available were credible and had a lot of information that pertained to the Healthy Kids Act. The source that will help me the most is the act itself that the government set forth. The government document explained everything that the government is doing to enforce healthy meals and regular exercise within schools. All of the other sources were very helpful also because they explained why or why not the Healthy Kids Act was a good law to put into action.

There were multiple areas of disagreement within my sources. Some sources said that the Healthy Kids Act was not a good law because the government can not dictate a child's caloric intake within a meal. The government set restrictions on how many calories elementary, middle, and high school students can consume. Some other sources felt that the Healthy Kids Act was a good law to enforce because childhood obesity has run into a big problem within the United States and the government needs to take action on this problem and try to minimize it as much as possible.

I am going to structure my speech in a causal format. First, I want to discuss the background of the act. Then, I want each sub point to explain the negative and positive effects of the act. There are many benefits to this act proposed but there are also many disagreements to this law enforced. I want to discuss each of the points on why or why not the act is a good act to enforce. I want to go into full detail of the statistics about childhood obesity and why it is such a big problem in the United States.

I will make sure that all my sources for my next writing assignment are credible and useful information. This assignment made me realize that not all sources are credible. ROD library has come out with a great way to find plausible information that will be very helpful towards you writing assignments that one will be assigned to in the future. This assignment has also made me realize that one needs to organize a writing assignment according to what format you want the speech to be. There are multiple

different formats that one can choose for a speech and the writing assignment would be much more helpful if you went the same direction as one wants the speech to go.

This topic that I have chosen has much interest to me. I believe that childhood obesity is a serious problem we are facing in the twenty-first century. Everyone has a role to play in this and must take action now before the problem of childhood obesity becomes worse.