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Cornerstone

Dr. G

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### **Rhetorical Analysis**

One huge health concern throughout the United States is childhood obesity. One may ask, What can we do as a whole to minimize the percentage of obese children in our country? This article discusses how the government is trying to make school lunches overall more healthy for children across the United States. In the long run, we want to know if the federal school lunch program created will help the children create healthy habits for the future. The article I have chosen is “The School Lunch Wars” by Kristen Hinman. She raised many points that helped prove what the government is doing to improve children’s lives.

Hinman makes clear point that the government does want to make a change in our children habits to create a healthy, more elaborate life. The government wants to introduce to children to fulfill a nutritious diet. 9.8 billion dollars a year is handed out from the federal school lunch program to feed about 32 million children across the United States. She also mentioned that due to technology advances children play multiple hours of video games or watch multiple hours of television per day. So not only does the government want to enforce healthy eating habits, they also want to enforce physical activity regularly. “Last year, in a report titled Too Fat to Fight, a group of retired military brass blamed school lunches for the fact that an estimated 27 percent of American youth are too over-weight to serve in the armed forces.” stated Hinman.

This claim shows that nearly one third of our children are not prepared to take on military duties. These children need to be able to do anything without their own health interfering.

Michelle Obama has been a huge supported for enforcing these acts. In December, due to help from her, the congress passed the Healthy-Hunger Free, Kids Act. This act is to ensure that children who are not fed nutritiously as home, to make sure that those children receive healthy meals at school. This act offers these meals so that they are available for all children that attend the school. They want to ensure that students are fed healthier while making sure that they have a good amount of food so they are left not hungry. It is also ensuring that family with low incomes have those children offered the nutrition that they need.

Michelle Obama also launched a campaign called “Let’s Move!”. This campaign talks about how it is our time now and in order to make a change we need to create the plans. "Our kids don't decide what's served to them at school or whether there's time for gym class or recess. Our kids don't choose to make food products with tons of sugar and sodium in super sized portions, and then to have those products marketed to them everywhere they turn. And no matter how much they beg for pizza, fries, and candy, ultimately they are not, and should not be, the ones calling the shots at dinnertime. We're in charge. We make these decisions," Michelle Obama States. We need to show the children across the United States that eating healthy is a good and fun thing. Time will tell how long it will take to regulate childhood obesity in the United States.

“At least as important is the USDA's increased authority over the nutrition standards of all food served in schools, and the department's proposal to establish more rigorous standards, including two vegetables per meal, strict sodium limits, and, for the first time, maximum calorie counts,” states Hinman. It is our time now and America needs to take action to our children

health. This is our chance to make a change in our children future. I agree with what Hinman states throughout the article. Her point is very clearly stated that the government is taking the correct approach to child obesity.