

What's So bad About Being Obese

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Nowadays, obesity among children has become a serious problem in Hong Kong. There are approximately ten percent of children who are obese. But most parents are unaware of their children's state of health. The effects of obesity include stress and tiredness. In the long term, they may cause high blood pressure and heart disease. In this essay, I will look at three possible solutions to overcome this problem.

The first approach to the solution is to choose the right types of food for children to maintain their good health. One major cause of obesity is having an unbalanced diet. The nutrition experts recommend that children should eat more of the food at the bottom of the food pyramid, such as whole grain bread, pasta and vegetables. Children are recommended to take less food at the top of the pyramid that contains a lot of oil and sugar. Most junk food falls in this category. In addition to having a balanced diet, children still need to relate their daily diet to its proper proportions in the food pyramid before eating.

The second approach concerns the amount of calories each child will consume each day. When planning the children's diet, mothers should help their children to calculate the amount of calories they will consume in a day. An average child needs about 1500 calories per day. Their diet may be balanced. However, if they consume too many calories each day, they will still gain weight. Likewise, if they consume too few calories, they will lose weight. Thus, the estimation of calories needed for each child is vital in this consideration.

The third approach is to do more exercise. Most children can consume any excessive calories in their daily exercise. If they do not burn these excessive calories by increasing their level of activities, these calories will be stored in their bodies as fat. Experts say everyone should do at least thirty minutes of exercise each day. Parents should discourage children from watching TV and take them out to play ball games or go dancing instead. Moreover, schools should provide ample physical activities for their students.

To conclude, we need to solve the problem of obesity among children by choosing the right types of food and planning a proper intake of calories for them and encouraging them to exercise more. I believe these approaches to the solution not only can help children to overcome the problem but also



Regular
In this generation, the
distorted the meaning of healthy
to appear fit
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encourage them to have healthy lifestyles.

Teacher's Feedback : Evidently, you have done some research on the problem of obesity among children in Hong Kong. There is a clear layout of suggestions in your article. People can easily get a clear picture of what you want to say in your conclusion. Good work! (Mr. Louis Tsang)

Food For Thought : Wouldn't it be nice if children could spend less time on computer games and seek more adventures in the natural world?

