Carlos Roa

Strayer University

Prof. Erica Ellsworth

ENG 215

Assignment 4: Persuasive Paper Part 2: Solution and Advantages

5/22/12

**Should changes be made to the regulations for foods, served in public schools?**

**Part 1**

**Introduction:**

Regulations for foods, served in public schools are a matter of great concern as it is essential for the purpose of creating a healthier lifestyle for children studying in public schools. The government has supported several children through the free education and free food program. But the quality of this food is not at par with the standard of the food quality approved by nutritionists so it needs to be changes. The foods do not contain fresh fruits, green vegetables, pulses or right amount of any nutrition filled foods so it is required to change the menu as differently as it can be so that proper nutrition can be given. This is not right since it can result in several health issues and so it is crucial that there be a change in the regulations for food served in public schools. The program of free education in public schools has been there for quite a long time and the pressure on these schools is significantly growing since the number of children entering and enrolling the public schools is significantly growing. All of this results in making it very difficult for the government to ensure appropriate levels of nutrition in the food served in these public schools all around the nation (B. Karen Wednesday, 2011). In this way the present status of the issue is that the food served in the public schools is not at par with the quality of the food and nutrition levels that is required by growing children. There is a need for change in regulation of quality of food served in public schools in order to make it fit for children. The lack of nutrition in food is resulting in the following problems:

**Problem 1: Health issues like obesity**

Health issues like obesity are rampant due to low levels of nutrition in food served in public schools. Childhood obesity is a serious disaster in today's world as it is on the reverse spectrum of as eating disorders such as bulimia or anorexia nervosa, but still carries with it serious health implications that can affect an individual throughout their lifetime. One specific factor playing a role in childhood obesity is the fact that the food eaten by children is not nutritious.

Childhood obesity has increased dramatically over the last three decades, and conditions in many communities continue to act as barriers to healthy eating and adequate physical activity. Childhood obesity is a serious health problem that has adverse and potentially long-lasting consequences for individuals, families, and communities. Perhaps most shocking, life expectancy for today’s children may be shortened in the United States because of the impact of childhood obesity (Olshansky and Ludwig, 2005).

**Problem 2: Poor immunity**

Poor immunity is another problem caused due to unhealthy food and low levels or insufficient levels of nutrition in food consumed. When in case of a public school this food is consumed on a regular basis, it results in a lower level of immunity development among children, thus leading to eventual loss of health in students of public school (H. Nanci, , 2012).

Malnutrition and low levels of immunity is becoming a growing concern for the society in America as it is causing a deterioration of the health of the individuals. It leads to several problems in the future, as individuals have to then deal with several diseases caused due to an imbalanced level of nutrition and an inactive lifestyle. All of this can result in severe problems with the health of children in public schools.

**Problem 3: Poor overall health and physical and mental development**

Low levels of nutrition in food results in poor overall health and physical and mental development. This is extremely dangerous for children in their growing years as it can lead to issues with learning and cognition as well as problems with grasping and concentration (Olshansky, S. J., and D. S. Ludwig. 2005). Poor nutrition being hazardous to a person’s health and quality of life as well as the root of several diseases should be considered very seriously and hence it becomes crucial to regulate and change the regulations governing the food provided to students in public school.

**Problem 4**

Regulatory mechanisms in the form of supervision of food supplied by school and administrative authorities has led to The official position as administrators of the state requires that **t**he food that is being served in Public schools should be under stricter regulation from the regulatory authority. With parents increasingly reporting about unhealthy food being served to children, the government has woken up to the fact that food served in public schools needs to be regulated strictly. A quote of the first lady Michele Obama, shows the increasing importance of the regulation that need to be brought in for quality of food served. "When we send our kids to school, we expect that they won't be eating the kind of fatty, salty, sugary foods that we try to keep them from eating at home, “the new standards for quality of food that schools should strictly adhere to has to bring implemented very quickly”. The need for regulation from great decision making towards bringing in stricter regulation as p**u**blic schools have been under the scrutiny of parents and other lobbies for the food that they serve to the children. The public feel the food served is not up to health standards. Inspections have found that food has been lacking in very vital nutrients and being high on fat and sugar, the government and parent bodies feel that there needs to be a total restructuring of the menu with specialized bodies that could inspect the food and bring in a good holistic health menu for the children.

**Part 2**

**Solution to Problem and Advantages**

Public schools that serve food to children have come under severe criticism for its quality. Food that is being served in public schools has been time and gain been criticized as not being up to standards and so stricter regulation on quality has to be carried out on public schools. Problems identified have solutions and changes to regulation for foods have to be brought in.

**Thesis statement:**

Quality of food served in public schools needs to be strictly regulated and stricter reforms should be brought in to ensure quality of food.

**Solution 1**

The official position as administrators of the state requires that **t**he food that is being served in Public schools should be under stricter regulation from the regulatory authority. With parents increasingly reporting about unhealthy food being served to children, the government has woken up to the fact that food served in public schools needs to be regulated strictly. A quote of the first lady Michele Obama, shows the increasing importance of the regulation that need to be brought in for quality of food served. "When we send our kids to school, we expect that they won't be eating the kind of fatty, salty, sugary foods that we try to keep them from eating at home, “the new standards for quality of food that schools should strictly adhere to has to bring implemented very quickly

The need for regulation from great decision making towards bringing in stricter regulation as p**u**blic schools have been under the scrutiny of parents and other lobbies for the food that they serve to the children. The public feel the food served is not up to health standards. Inspections have found that food has been lacking in very vital nutrients and being high on fat and sugar ,the government and parent bodies feel that there needs to be a total restructuring of the menu with specialized bodies that could inspect the food and bring in a good holistic health menu for the children. The advantage of having stricter regulations would mean that thr food that s served in public schools comes under increased scrutiny of health experts and dieticians and this would in turn cause good food to be served

The social cause of serving food to students in public schools has social implication and moral issues of building a country of healthy youth. This social cause is an extension of the welfare services extended by the government and state to its citizens. It is concerned with doing the greatest good to the greatest lot. Hence it has to be performed in them most ethical of ways. States need to keep up to the highest standards of quality while strictly addressing the nutritional needs of the children.

**Solution 2:**

Serve highly regulated food which reduced obesity in children and promotes nutritional value in children:

The National School Lunch Program (NSLP) has undergone many changes in its menu that it has chalked out for students. The changes in menu have been ordered by a high powered committee under the stewardship of the first lady, who has been a keen champion of healthy food being served. The fund has to include all necessary nutritional elements at the same time adhere to strictest quality standards as per reports issues. The vendors who have taken up this service have been under very strict vigilance by not only school administrators but also by parent groups. The suggestions given by health experts and dietary organizations have been incorporated into the food and so it is expected that food supplied will not only be wholesome but also healthy. This will reduce the obesity in children and tackle health issues associated with good food. The advantage is that parents need not worry anymore about the nutritional intake of their children and schools have to put up a notice in the lunch hall giving the nutritional; content of the food and the menu card for the entire week. Parents are free to make suggestions to the school authorities if they feel a certain option is not good. The administrative authorities have been open to suggestions from parent groups and social activists.

Solution 3:

**Increase immunity levels and thereby reduce incidences of frequent illness:**

It has also been suggested that health care officials periodically survey and conduct health inspections for school children and suggest methods to increase immunity in school children through good food. Parents may be opposed to the idea of their children taking health supplements in the form of vitamins capsules and so on .Instead if the food served in schools has fresh fruit and juice it would help in the necessary oxidants reaching the blood and this will automatically over a period of time bring up the immunity level in children. The advantage is that since it is government sponsored programs, donations from parents in the form of fruits and other necessary ingredients is most welcome and parents also feel responsible for the community service they do. The gradually reducing immunity levels of the school population has been under increased scrutiny and worry. Since children spend a major chunk of their time in schools, enforcing the necessary dietary habits is not difficult and children generally obey rules of school. This being the case the responsibility of the school in increasing the physical health of the children is unmistakable

Solution 4:

The government should partner with the parents and other community initiatives that corporate are involved in. The CSR charters of various corporate can be used to fund the needs of the school children in the form of food. The corporate can make this as one of their community initiatives and secure a legacy of being a good citizen. The advantage is that the Corporates not only return to the community that has nurtured it but it also makes sure that a good crop of healthy youngsters will man associations and the government in future. The future should inherit an healthy population so that they can contribute more to the country.

Conclusion:

The institute of medicine (IOM) issued a report in 2007 which recommended that “ Federally reimbursable school nutrition programs should be the main source of nutrition in schools,

1. Opportunities for competitive foods should be limited and if competitive foods are available, they should consist primarily of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.” The *Nutrition Standards for Foods in Schools* provides very important guidelines for the nutritional contents of food and beverages that are supplied in schools. The guidelines have a tier1 and a tier 2 structure .Schools is expected to follow these rules very stringently and create awareness among all community partners regarding nutritional standards. (appendix 1)

References:

<http://www.cdc.gov/HealthyYouth/nutrition/pdf/nutrition_factsheet_parents.pdf>

http://www.choicesmagazine.org/magazine/article.php?article=83

<http://www.fns.usda.gov/cnd/lunch/>

<http://www.hyscience.com/archives/2010/08/michelle_obama_9.php>

Olshansky, S. J., and D. S. Ludwig. 2005. Effect of obesity on life expectancy in the U.S. Food Technology 59(7):112.

H. Nanci, (1/25/2012), Government requires more fruits, veggies for school lunches, USA TODAY, retrieve from http://yourlife.usatoday.com/fitness-food/diet-nutrition/story/2012-01-25/Government-requires-more-fruits-veggies-for-school-lunches/52779404/1

B. Karen Wednesday, (Jan. 26, 2011), Parents, Principals Don't Like School Lunch Rules, Time U.S., retrieve from http://www.time.com/time/nation/article/0,8599,2044463,00.html#ixzz1slTbjXEM

<http://yourlife.usatoday.com/fitness-food/diet-nutrition/story/2012-01-25/Government-requires-more-fruits-veggies-for-school-lunches/52779404/1>

Appendix 1

