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Should elementary schools be required to serve nutritious food to children to prevent later incidence of Type 2 Diabetes?

Yes!

I agree that elementary schools should be required to serve nutritious food to children, because this will instill better dietary habits in children, and prevent them from developing diseases like Type 2 Diabetes.

Levels of childhood obesity in America today are much too high. As children are getting one, maybe two, meals from their schools, we need to be ensured that these meals are healthy and nutritious to prevent childhood obesity, and ensure the wellness of elementary children and their health.

Posted by: ShinyIsto

Schools should be required to serve nutritious food to children, because this will help prevent the widespread obesity that we currently have in our country.

The government should support healthy eating habits by requiring that schools serve nutritious food to children. With the amount of video games, television shows and unhealthy food being forced upon today's youth, it is no surprise that this generation has one of the highest percentages of obese and overweight children that the world has ever seen. Obesity and its associated diseases, such as type 2 diabetes, can lead to a less productive workforce and a population with many more medical needs. This can harm our economy, and is also worse for the people who have been fed unhealthy food.

Posted by: NormalNathanial89

I agree that elementary schools should be required to serve nutritious food to children; since many children get a majority of their meals from the school district, those meals should help reduce Type 2 Diabetes and childhood obesity.

All elementary schools, and secondary schools as well, should be serving nutritious meals as an education on how to live a healthier lifestyle and to assist in the prevention of Type 2 Diabetes and other childhood obesity related issues. The elementary years are when the body does most of its growing and when children form the basis of their life-long eating habits.

Posted by: G4rwIsdead

Schools are in charge of educating society, and part of that education is health class, so let's start in the lunch room.

It only makes sense that an institution charged with educating societies future should implement what it teaches. I remember my health classes and gym classes. They taught us to eat well and get plenty of exercise. Then we went to lunch and ate Grade D food. That's a major contradiction and conflict of interests when an institution can't "practice what it preaches". You don't even have to include the high incidence of Type 2 Diabetes in teens to argue this. It's just sound thinking and solid logic to expect a school to serve healthy food.

Posted by: BrianDj

Good nutrition for children in schools is essential for proper growth, development, and to prevent diseases such as Type 2 Diabetes.

When a child enters elementary schools, they are old enough to start learning the importance of good eating habits. Kids are most impressionable between the ages of 5-10, and being taught to make the right food choices is something they will carry with them their entire lives. Not only will it help prevent childhood diseases, it can potentially prevent health complications as an adult too.

Posted by: 5h4bbyHaIey

I think all schools, not just elementary schools, should serve healthier food to kids to prevent a variety of health problems.

I think all schools, not just elementary schools, should serve healthier food to kids to prevent a variety of health problems that are not limited to Type 2 Diabetes. I find it atrocious the types of unhealthy food that is served in our schools. Some children I have babysat for will barley eat a fruit or vegetable, and seem to exist on only chicken nuggets and McDonald's. This is not a good sign for the future health of our country.

Posted by: TickoCa22

I agree that providing proper nutrition for children should be required of all elementary schools.

Exposure to poor nutrition in early life can lead to serious health problems later in life. Children who eat tater tots and brownies every day for lunch will almost certainly experience some sort of health issue when they are older. Good nutrition is a necessity for our elementary-aged children. Providing good meals for students will set them on a healthy life path.

Posted by: P05hyDaII

Schools should be required to serve nutritious food to children.

Obesity is a huge problem in America. So why can't schools put a bit more effort into making children healthier? The first lady and many people have been trying to solve this problem. Healthier food means a smarter school. America is not the top in education anymore according to recent surveys. I am a kid and it doesn't matter if the children don't like it. You live a longer and healthier life. Our country needs to act and many children buy lunch, so why take the time to lose weight unnaturally when you can eat good natural healthy food? I am a vegetarian from birth and I usually eat healthy. Once in a while junk food is fine but for everyday lunch, no way! So I hope people actually consider this important question wisely.

Posted by: Anonymous

Yes, elementary schools should to be required to serve nutritious food to children to prevent type 2 diabetes, because it influences a healthier lifestyle.

Yes, elementary schools should to be required to serve nutritious food to children to prevent type 2 diabetes, because it influences a healthier lifestyle. If we give children nutritious food while they are young, their bodies will get used to it and react negatively towards "junk" food. Plus, children see their schools as a responsible place, so by setting this example of healthy eating, it will help them in the future.

Posted by: SecondNoel50

Schools should be required to serve healthy and nutritious food to children because it is the right thing to do, not just to prevent Diabetes Type 2.

Children need nutritious healthy food to curb behavioral problems and to learn with the best of their ability. Schools have the responsibility to serve nutritious food in order to keep the children healthy and alleviate problems at school. It also builds healthier adults and helps society avoid economic problems from sickly children and adults. It is not good to let big corporations decide what children should eat.

Posted by: DisillusionedGilberto67

Why wouldn't schools automatically serve good food?

There is absolutely no reason not to serve nutritious meals to elementary school kids. Why would anything else even be a consideration? For some kids this is the only good food they get because their parents are low income. This is a no brainer, ONLY good, nutritious food should be available to these children.

Posted by: NettN355

I SAY NO

No, because parents should be responsible for the health and nutrition of their children, not schools.

If I want my children to be healthy, then I have to take responsibility for that effort myself. I can ask my children's school to help me with that if I want, but I see no reason to force them to serve a certain type of food for my purposes. The best way to teach and raise children properly in all aspects of life is by doing it yourself, not by allowing schools and society to do it for you by force.

Posted by: MariaR

Freedom to eat what we like

In the constitution it states that the government should not be allowed to intrude on peoples personal life. It may cause diabetes but a healthy lifestyle should be encouraged rather than forced upon people. Also not all people require the same nutrition. There is a maximum amount of calories per meal but the amount of calories required for each person differs.

Posted by: Anonymous

It is not the school's responsibility to serve nutritious food to children to keep them from becoming diabetic.

Schools should not be required to serve healthy food. This is not fair to children who do not buy lunch regularly and want to eat some junk food once in awhile. It is the parents' responsibility to make sure their child is not always buying lunch. The parents should know to make their child take lunch more often than buying it. This would help prevent diabetes while keeping the kids happy.

Posted by: M0r3Interior