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Modern Food Habits Lead To Child Obesity.

Which are the main reasons for childhood obesity? Among boys and girls between 2 and 19 years, 17 per cent are overweight or obese. This number is a way too high, and it still rises. Modern food habits have reached a critical stage. Possibly we cannot jump to conclusions. However, we need to address eating and the government's role in regulating our eating habits. We also need to focus on exercising among children and youth, and finally on the parents' influence on their children.

Eating the wrong food is the main reason for overweight among children and youth. Modern food habits in the young generation are totally different from those before. Today youth and children eat junk food and other rubbish food daily. They do not care about what they eat, and this is something the government could change by spreading knowledge about consequences of obesity. Giving the students the right teaching could change their view of food habits. Junk food consists of empty calories and is a sure course to obesity. But there are lots of other negative consequences of eating junk food. You will easily end up getting exhausted, because junk food does not contain all the basic nutrients. You may also be less focused about everything you undertake at school and at home. Lack of important oxygen may occur, and this will deteriorate your brain function. Junk food and other sorts of snacks will only work negatively on your body. Not only on the outside of your body, but also on the inside. This is a result of modern food habits, which have turned into a global problem for children and youth.

Today the number of children and teenagers exercising is 20 percent higher than it was in 1997.

A new obesity study has found that children are exercising more, but obesity levels are still rising. Those who believe that less exercise is the main reason for obesity today are wrong. But even if exercise is not the main reason for overweight today, it is important not to misunderstand. Exercise is one of the absolutely major elements needed to stay in shape, but it is just not the gravest problem for children and youth today. The reason I chose to mention exercising is that it is closely connected to people's food habits. People who exercise often have a healthy diet as well.

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In my opinion parents have the main responsibility for their children's weight, especially during early childhood when they influence the children's future food habits. An example of how food habits have changed is that more women take higher education. Previously, women mostly were housewives. They made homemade food, and were more conscious about what they ate and served their children. Today they work, and probably choose easier food and often fast food. To put it bluntly, parents have to be alert in many situations. Giving your child unhealthy food, which is often what your child wants, is not being a good parent. Some parents believe they are doing their child a favour buying sweets and junk food, but it is absolutely the other way around. Of course, there are occasions when you are willing to make exceptions, but in the long run this may lead to overweight and change the future of the child. Knowledge about the consequences of giving your little child wrong food is very important. The early food- and exercise-habits will create a foundation for the rest of the child's life. It is the parents' responsibility to make sure they grow up with healthy habits.

"Most already are quite active but the problem is primarily that they're simply eating too many calories and primarily through junk foods", Dr Michael Booth said. This is a very interesting statement. Everyone is talking about children spending too much time in front their computers and their television. Well, maybe it is true, but the main problem is their food habits. So how can we change this bad trend? To sum up, the main persons responsible from the start are the parents. Do not be afraid of seeing your child crying in front of the sweets in the supermarket. In addition to that, being a role model for your child is important. But knowledge about the consequences of unhealthy food is also important for the children and youth. This may lead to more cleverer consumers. Anyway, the main responsibility is the children's. In the long run, nobody can blame the government or the parents. Modern society consists of children and youth eating the wrong food without even caring about the consequences.

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