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Red Code, State of Emergency !

The million dollar question: Who to blame?. United States, a country that now days is facing a big problem, childhood obesity. Fast food restaurants had become the popular place for childs, and even adults, to go and eat. Childs these days go out and eat whatever is attractive to them.

“First thing you learn, first thing you do” that’s what my mom always tells me. Things you learn inside, things you do outside; is the same with this. Home is like school, is the first and main place where kids get all the knowledge they have now. Parents are like teacher, they teach children how to behave, what to eat, all, or at least almost all the things that a child must know. Parents are the main responsables of what their childs do.

Society is facing childhood obesity and fast food restaurants are the providers. Fast food restaurants provide unhealthy food on their meals to the people that go and eat at their restaurants, but who’s responsible of childs getting fat? In part fast food restaurants are guilty of childhood obesity but at the same time parents are too. Parents are the ones that drive their kids to fast food restaurants knowing that the food that they serve in there is unhealthy because restaurants put the Nutrition Information on their

meals so the way persons can know what they're going to put in their bodies.

Parents are suing McDonalds because their kids are getting fat. Well that is not obviously McDonald's fault. Parents are the ones that take their kids to eat there, McDonalds doesn't tell the people "Come on in, here is delicious food you and your family can enjoy" well actually it he TV commercials mcDonalds does that but doesn't force the people to come in, McDonald's employers do not grab the person's hand and bring them into the restaurant.

Couple days ago I was reading an article about the obesity problem that has arrive to the ears of the president, Obama, and he wanting to implement a program at schools about exercising so child's can actually work their bodies at least while they're in schools, because there have been cases where their own parents are the ones that put the bad example to their kids by sitting in front of the TV for hours and hours instead of be active, go out and play with their kids.

It is ironic how the United States go and compete against others countries at the Olympics Games and the most ironic part is that they actually win almost all gold medals. How can that be possible? While they go out and travel to compete against other countries their own country child's are having health problems

Red Code, the United States has been declare State of Emergency, childhood obesity has going beyond the limits, child's and parents, especially parents, need to develop a routine of exercise everyday to be active and be healthy, like in my school and I think all the schools in California, students are required to pass an exercise test in order to be able to take next year or years another Physical Education class like Fitness

for Life, or Weight Training.