[ethos; pathos; hook]

According to the world renowned popular chef Jamie Oliver our current generation will have a shorter life span than that of their parents (Oliver, n.d.). Big reasons for this are childhood obesity and related health issues that are plaguing our youth. It is the belief held by many, myself included, that this ever growing problem can be blamed largely on what children are being served in their school cafeterias. Currently, pizza is considered a vegetable because it contains tomato sauce, and French fries are considered a vegetable as well; after all they ARE potato, right? Pink slime (which will be described further below), found in some hamburger is still being served in school lunches (Weir, 2012). It is time for people to open their eyes and realize that it is time for changes to be made.

[who is the audience? awareness of audience? what is the publication? Sarcastic tone may not be appropriate for audience]

. . . Schools should be mandated to change what they serve in school cafeterias and what they teach children about nutrition, namely by swapping out fattening, over processed foods for fresh foods, removing any and all beef made with pink slime, and promoting healthy eating habits.

There are currently many fattening foods being served to our children at school. A 'treat' here and there is one thing; however the healthy foods should greatly outweigh the unhealthy. That is not the case at this time. Childhood obesity is on the rise, along with other health related issues. People should be very alarmed by this fact, as our children are our future. Many children not only eat lunch from their school cafeteria, but breakfast as well; therefore it is only logical that childhood obesity can be blamed in large part on the schools. [logic?]

. . . Obesity, especially developing at a very young adolescent age is a dangerous thing. Obesity causes many health problems such

as heart disease, and diabetes. Another issue that can be brought on by obesity is being made fun of for their size, which in turn will very likely damage a child's self- esteem at such a young and emotional time of development. These issues could so easily be prevented if schools were introducing children to healthier foods right of the bat. Pizza and French fries are a couple of very popular food choices among children, however they do not hold much nutritional value. The tomato sauce allows for the pizza as a whole to be considered a vegetable, but really how logical is this? It does not seem appropriate that the small amount of sauce on a slice of pizza should allow it to be called a vegetable. Think about the bread that this sauce is spread onto, and all of the carbohydrates that are in it. How can the sauce outweigh that? [can't pizza be made very healthy -- whole wheat crust, fresh tomatoes, etc. Again a problem with logic here. hasty generaliziation]

Processed foods (foods altered from their original state) are another dangerous item that our children are consuming. Processed foods contain many additives that can cause sickness down the road. For instance high fructose corn syrup, which is present in many processed foods, is known to cause obesity as well as diabetes. Sodium (salt), which is a contributing factor to heart disease, is another unhealthy additive to lots of foods that are no longer in their natural form (Johnson, 2011). Processed foods are a likable choice, as they have a much longer shelf life than fresh foods do, therefore can be purchased in bulk and kept on hand for longer periods of time. [this would be a good place to increase credibility / reasonableness even further by suggesting there is a place for processed foods in limited quantities in our diet due to the advantages you mention, esp. storability and to some degree safety]

. . . According to Alternate views on food and health "processed foods are foods that have been compromised by the addition of hormones, additives, preservatives, unnatural genetic material or other chemical or heat treatments that alter or destroy the natural healthy enzymes, fatty acids, vitamins and minerals" (2012). After a food is processed, what is really left? By the previous description it sounds like chemicals take the place of the nutrients that were once

present. A common processed food that is quite familiar to children is chicken nuggets. These chicken nuggets have been highly processed and breaded before making it to the lunch tray. Not many of us are truly aware of how the processing process really even works. In fact, some foods are even patented with the U.S. government, therefore it is completely unknown as to how the final product is actually produced ("Alternate views", 2012). Who wants to eat foods that are made in such a secretive way? I know that it certainly makes me wonder why the process would be such a secret, yet the final product is still served and expected to be consumed without question. It is only logical that fresh chicken would be much healthier to serve in the school cafeteria. There are many ways to serve it without all of the extra unhealthy additives. Milk is another product that many would be quick to assume is perfectly healthy and safe. This however is not true at all; recombinant bovine growth hormone (rBGH), is often times injected into cows to make them produce more milk, at the same time causing cows to become unhealthy. Most nations have banned this artificial growth hormone however the U.S. has not. Pasteurization causes the vitamins and digestive enzymes once present in the milk to be lost, often times causing one to develop lactose intolerance ("Alternate views", 2012). There are so many issues and health problems that could be greatly reduced, if processed food/drink were banned from school cafeterias. The reasons are endless, and often deeper than one would first think.

[preservatives in meat help prevent food poisoning, which isn't much fun!]

Who wants to devour a hamburger that is made with pink slime?

[this seems another use of faulty logic here. begging the question. Pink slime doesn't really have a chance once it gets called pink slime].

. . . Pink slime is the term used to describe beef that contains "ammonium hydroxide treated connective tissue and meat scraps" (Weir, 2012). The answer is most likely nobody; why, then would children be served this

for lunch at school? According to Weir, who wrote an article entitled Seven Million Pounds of "Pink Slime" destined for National School lunch Program, the United States Department of Agriculture (USDA) is purchasing beef made with pink slime, and it will be intended for consumption by America's school children. While this is happening, McDonalds and Taco Bell no longer serve this type of beef, yet our schools will. Likewise, the United Kingdom does not allow this substance to be consumed by humans (Weir, 2012). Something is very wrong with this picture. [preaching to reader; telling reader how to think] It is a complete shame that more care is not taken to ensure that our children are being exposed to and served healthier items than this. Children should not be eating food that has the same ingredients (pink slime) as dog and chicken food, which Weir mentions in the article, is currently the case. Something needs to be done to rectify this horrifying issue.

Healthy eating habits should be taught and enforced in our children's schools. Children receive a good portion of their education while they are in school, why shouldn't they be educated on healthy eating as well as math and reading? Eating habits develop at a young age, and since children spend much of their day in school, it is important for them to be offered healthy choices while there. Rather than French fries being available day after day, why not find a healthier way to serve potato? Instead of counting pizza as the vegetable on the tray because of the tomato sauce it contains, why not offer fresh tomatoes? There are certainly many ways to offer fresh fruits and vegetables in an appealing way, and it is time that more people make this effort. If the effort were made, we would see a great reduction in the health problems that currently plague our youth.

[Need to address the concern that kids like pizza and fries and might not eat the healthier choices.]

[opposition argument. Do you want to single out Republicans here? Are Republicans a main part of the audience?]

Some republicans argue that the cost is too high to make such changes. Specifically they say that over a five year stretch $7 billion dollars will be the price tag attached to trays containing more whole grains, low-fat milk, fruits and vegetables. According to them our already struggling economy simply cannot afford this (Layton, 2011). It sure is a shame that we spend billions of dollars in other areas, yet they are unwilling to find a way to keep our youth healthy regardless of the cost.

[Better to use logic rather than pathos -- in this case “shame”]

How can there possibly be a price tag attached to the health of our current and future generations? The republicans cost efficiency argument simply does not hold up. With all of these health problems on the rise, medical bills will surely be adding up to a very costly level. For example, children with diabetes will need more frequent visits with their providers, as well as possibly needing to manage their diabetes with medication, lab testing and the list goes on. Not only will we be spending huge amounts of money on medical costs, which our economy most likely cannot afford, but our children will not be receiving the proper nutrition to battle these health problems. It makes much more sense to spend the money up front to help our younger generation grow up healthier, while at the same time reducing medical costs that could be avoided by better nutritional options on their lunch trays.

[ok good. you moved on to logic; just skip the shame part]

America is in need of a new and healthier lunch program for the sake of our children. If there were more fresh foods served, no “pink slime” beef served and healthier eating habits were highly promoted in school our current and future generations would lead much healthier lifestyles. They would be less likely to develop childhood obesity, diabetes etc. These health issues can currently be blamed in large part on what children are being served in their school cafeteria

[I’m not sure you established this. Logic?]
. . . and it is a shame that huge changes have yet to be made. Obesity, diabetes, and heart disease just to name a few are horrible health problems for anyone at any age; children should not have to start their lives out battling with these problems, especially when many cases could easily be avoided simply by better nutritional foods being served in school cafeterias everywhere.