

Unhealthy School Lunches



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What Schools Lunches Consist of

- Many school lunches today are frozen and to prepare them, schools just heat them up.
- Contain a lot of fat.
- Contain a lot of sodium.
- Contain a lot of sugar.



Effects of Unhealthy Lunches

Unhealthy school lunches may lead to many diseases:

Obesity- It is stated that about 17% of kids aged 2-19 in all of the United States are obese (Art Institute).

Obesity can also cause:

- Diabetes (type 2 diabetes in children has increased by 150 percent) (Art Institute).
- High blood pressure
- Depression

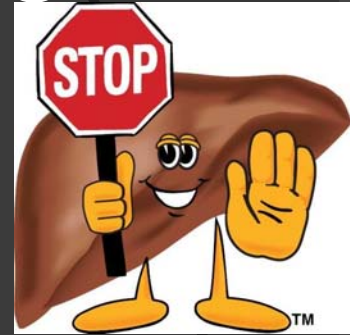


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Effects of Unhealthy Lunches

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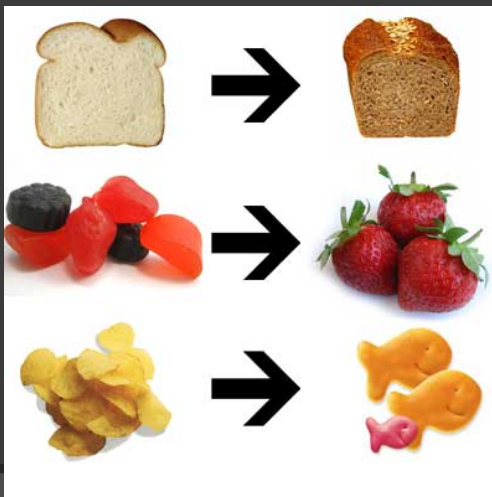
- Heart disease: diets high in sodium can lead to heart disease as well as high blood pressure and stroke
- Stroke
- Liver disease: processed foods= release insulin more rapidly than it is needed. This increases fat deposition on the body and in the blood and the liver.



Changing School Lunches

In order to make schools lunches a lot healthier, schools need to provide:

- More fruits and vegetables
- Less frozen foods, more home-made
- Less processed foods, more fresh



Results of Healthier Lunches

If schools decide to provide healthier lunches:

- ◎ Students perform better academically.
- ◎ Improves students behavior.
- ◎ Reduces the risk of developing a deadly disease.

