

Nutrition essay sample

[Technology](#), [Future](#)



The video provided a great debate about the increasing prevalence of obesity in the United States and solving it by changing the menu of school cafeterias to promote healthy and well-balanced meals among students. Despite the good intentions of First Lady Michelle Obama to promote healthy diet among students, it is clear that the cafeterias are having a hard time attaining the required guidelines for the meals especially since the healthier the food, the more costly it gets. Another factor that the program was not able to consider is the palatability of the taste because children nowadays are more inclined to prefer fast food chains which serve unhealthy food that have high sodium contents. The video provided two sides of the debates which is a great move because the watcher was able to understand the different sides of the story and was able to comprehend where the problem lies. The program to provide healthier meals to children is a great move towards a healthier future but I believe that the program will be a lot more successful if organizations work hand in hand to find solutions to problems like palatability and affordability of the healthy meals.

The comment provided a new way of tackling the video which is by comparing the country of the watcher and the country where the program is being done. It is also good that the disadvantages of the situation were dealt with and discussed thoroughly. Not only that, the comment also contains reasons why providing healthy meals to children is a great move towards a healthier future. However, the grammar and sentence construction could be improved more to allow the readers to comprehend the opinion more easily. Overall, the comment given provided essential points that can be considered and observed after watching the provided video.

Works Cited

PBS NewsHour. "Political fight simmers over school lunch menu changes."

Online video clip. Youtube, 29 May 2014. Web. 25 Jul 2015.