

# Increasing number of overweight children

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Nowadays, the number of children in the obese range is increasing in developed countries. This has led to a rise in the medical fees paid by the government to treat these children. Such medical expenses have reached an alarming rate that a solution is necessary to mitigate this problem. Who should we blame for the children's health? What some people are maintaining is that the number of fast food outlets has risen dramatically. They argue that food rich in fat is usually prepared in these restaurants such as McDonald's, KFC, and Burger King.

Customers could save their time by eating in these outlets. Instant cooked meals are served within a short time. Furthermore, the food which is high in salt and calories tastes good to most of the children. Finally, they will be addicted to this food. The fast food advertisements shown on the television seem to enhance the appetite of the children. They would eventually persuade to their parents to bring them to the outlets. While the above example may be true to some extent, some people claim that the role of the parents is the main factor.

The quality of people's lives is improving. To achieve a higher standard of living, the parents have to work from day to night. Therefore, less time is accounted for the health of the children. They may even bring the children to fast food outlets for their staple meals. Some parents may not prepare a balanced meal just because their children reject vegetables. Ultimately, it is a pity that the children have to carry their extra body mass around. In my opinion, if all the fast food outlets could be closed, our younger generation would not suffer from being overweight.