

Additional Body Paragraph(s) Directions

Propose the best solution to the problem. Consider answering the following questions: What different solutions have others proposed? What is your solution? Be specific about what your target audience should do to help you solve the problem. Why do you think your solution is the most practical and the best? What evidence can you use to justify your solution?

Examples of Additional Body Paragraph(s)

The implementation of nutrition education in Fremont High School is as simple as adding a mandatory unit in all physical education classes. This unit can teach students how to cultivate healthy eating habits in conjunction with their fitness class. The instructors can use online curriculum, such as the widely successful health education curriculum Learn to be Healthy in select Maryland schools. The school could also foster students' love for healthy food by selling healthy foods such as Jamba Juice or Odwalla Bars at lunch every week. Even small encouragements for healthy eating, such as the sale of tasty and nutritious foods, can make a big difference in teaching future graduates how to eat well.

I also believe that students should be introduced to The Edible Schoolyard Academy. According to their website, "The Edible Schoolyard Academy is designed to support emerging and established school garden and kitchen programs world-wide." The more students get involved, the better. Our students will learn how important it is to consume healthy foods instead of that cheap junk food that is sold to us. Not only would students be learning and helping out the community by joining the Edible Schoolyard Academy, it would also put a nice label on Fremont if a lot of students join this project. The more informed students are the less junk they'll consume. I know that making this change would take time and more money but once our school starts to provide better quality lunches, students would not mind paying two or 3 dollars daily for it. We could get rid of reduced lunches and just have students pay for their lunch, that would help California Valley High pay for the lunches being provided. The cost would be a bit more than it is now, but the benefits would really show with time. My plan is really simple and straight forward, make school lunches healthier and the school will get healthier kids with healthier minds.

To be fair to both sides I can see that some people might say it is a financial inconvenience to go out and buy whole grain products but I have two great reasons why its worth the little pocket change and where there is always somewhere you can get them without too much charge. For starters if the total amount of how much money you can save on medical bills by eating at least one well balanced meal a day and exercising 3 hours per week you could probably but that towards paying that towards a college university tuition. Lets not forget that all students are welcome to a school lunch for a fair price compared to other fast food brands off campus. Not just fair priced but school lunch is also healthy with generous portions and for those who qualify, subsidized lunches

Another way is that since bad food is off-campus what California Valley should do is have a close campus or make it some days open and others closed. That way students will not be

exposed to all that food that is not healthy for anyone. Also the school should find a company that delivers fresh food. In the same article No Lunch Left Behind it says that the Agriculture Department will have to do its part by providing fresh fruits and vegetables from farms to school. This shows that working together can make things change and help everyone to have a good health and less obesity.

I propose that we follow in the footsteps of Martin Luther King Jr. Middle School through much of the same approaches to our school lunches. Organically grown, all-natural ingredients on site and ready to use ingredients for freshly prepared lunches. In a survey conducted by my English class, 56% of the students said they eat junk food after school rather than eat school lunches. However, when asked if they would eat a freshly prepared lunch over a package lunch, 80% of the students said "Yes." To get a clearer idea of the kind of food currently served at school, Mrs. Moore, our teacher in ELA Block 2, requested a copy of the current school lunch menu. Mrs. Moore was met with some initial hesitance to surrender a copy of the menu, for a good reason. The current menu is tainted with various unhealthy lunch offerings such as pizza, burgers, burritos, nachos, hot wings, tater tots, and the list goes on. The demand for healthier food exists; now it's up to schools to offer it.