

Examples of Concluding Paragraphs

This approach to nutrition education is sure to work, as it has been successful in schools around the country, in areas such as Berkeley, California, and Houston, Texas. Parents of Houston students are even reporting that their kids are now cooking at home, turning away from foods they have learned are unhealthy, and [that] they display a solid awareness of what healthy eating is all about.” If a program aimed at giving students nutrition education was implemented at our school, students would be able to make smarter choices pertaining to their health and wellness. Giving students the potential to succeed is something that can be accomplished through nutrition education if it is carried out successfully by the administration.

Sincerely,
Kathy Patel

Like I said, the plan is simple and straightforward. Provide us with the right healthy foods and the education we need to learn about staying healthy, and we will do as asked to perform better in school, get better grades and make sure we give California Valley High a good label.

In the end the choice lies with you, the reader. I have given you my reason some background information for healthy eating, some causes of obesity, a great place to get questions answered and where good food that is also good for you is quickly accessible to you. I hope you consider my proposal to eat at least one balanced meal a day and exercise at least 3 hour per week.

Obesity is here to stay unless we are willing to do something about it. It is critical that we take action immediately. With your letters to our representatives in Washington, D.C, we will be able to create a system where every child, both at California Valley High School and every other school, is taught about healthy eating and provided with a fresh, healthy school lunch.

In conclusion I found that California Valley is not doing its job by offering quality meals for its students. In my survey I can conclude that the majority of students are not happy with the food from California Valley forcing them to bring food from home or going to eat outside of school. I also found that most of the students I interviewed were eating fast food everyday outside of school, increasing their chances of obesity.