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What's for School Lunch?

WEEKLY NEWS TOPIC

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Michael Olson Features Chef Jamie Smith & Nutritionist Jill Soderman
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WHAT'S FOR SCHOOL LUNCH?

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It has been said, by those in the know, that one should "Never let a serious crisis go to waste!"

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We do have a serious obesity crisis, in that some 17 percent of our children are obese and another 20 percent– or so– are overweight. To make certain this crisis does not go to waste, government has instituted the No Hungry Kids Act, which forces schools to feed children healthier and more nutritious lunches with less sodium, more whole grains, and a wider selection of fruits and vegetables.

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In addition to what kinds of food government will allow children to eat, it has also placed restrictions on how much food children may eat, with children in kindergarten through fifth grade being allowed 650 calories, sixth through eighth graders 700 calories, and those in high-school 850 calories.

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Having been led to government's healthy lunch, however, many school children are refusing to eat, and the nation's garbage cans are rapidly filling up with healthy school lunches. Furthermore, those children who take joy in burning calories by participating in sports and outdoor activities are running short of calories and going hungry.

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All those school garbage cans filled with healthy food, and all those hungry kids pleading for more calories, lead one to ask…

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Can one government program feed 36 kids the right food?

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Why do children rebel against healthy school lunches?

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Who can best feed children–government or parents? □□

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