Current Event Report 1/5/15

The Healthy, Hunger-Free Kids Act requires school meals to meet new nutritional standards.

To receive federal funding, school districts have to limit the amount of sodium (a part of salt) and fat in school meals. They also have to serve more fruits, veggies and whole grains.

Supporters of the law say the changes will improve kids’ health and help reduce childhood obesity.

Critics of the law say that the federal government shouldn’t determine what kids eat. That decision should be left to parents and state governments.

According to the Centers for Disease Control and Prevention, one in three U.S. kids are overweight or obese.

What I think:

Personally I think that the new guidelines are needed. The obesity statistics are startling and should be kept in mind. I’m also glad that congress passed this law because it focuses on something constructive rather than something destructive. This law will help people and will take time to perfect.





This picture illustrates the difference between old and new school lunches.