

Nutritional Program

While obesity is a concern for children, those who do not get the required nutrition at a young age will suffer the consequences. In it states that in a study following a group of malnourished infants shows that although physically similar in height and weight, the malnourished children scored lower on intelligence tests and found it hard to concentrate. (Robert V. Kail, Anne Barnfield, 2012) .The study also showed that the malnourished children had a harder time remembering what they learned that day.

Childhood Obesity is not all about what the child eats. They can also be predisposed by their family history and genes. That being said, the breakfast program at the school, being not very well funded, should not be open to children who have already had a breakfast. The obese child should have a lot to eat at home, and the parent(s) could serve the child better breakfast foods to stop their weight gain and boost their performance in school. The breakfast program should only be open to the kids who really need it. Healthy foods are more expensive than junk food, so the budget for this program would be even less. If the children who really need the program get it, they will have a much better time with their studies.

At the end of the day, weather the money should be given to curve the obesity problem, or the hungry children, the money should definitely be given to the students who do not have enough to eat. If the program was successful and the funding was increased, the school could open it to more children, and given the healthy choices, could also curve the obesity problem in the school.