The world has changed a lot; however, some negative changes have also happened. One of them is that the percantage of overweight children in Western society has increased by almost 20% in the last ten years. This essay will discuss the main causes and the negative impacts related to this tendency.

There are several causes of overweight children. The first cause is that the children eat a lot of fast food and soft drink . In other words, their don’t eat rice but eat a lot of fat food such as chicken fires, french fires, and hotdog. As a result, the diet not healthy make overweight children. Another cause it that the children are very lazy exercise. For example, when come home after go to school children will playing games or watching TV but not exercise.

However, there are some possible negative effecs of this tendency. The first significant impact is that children suffer from health problems. In fact, the overweight can cause many health problems for children such as obesity, diabestes, and high blood pressure. Another impact is that cause difficulty children activities. To be more specific, overweight make children move more difficult, this is effect their other activities for their daily.

To sum up, there some causes and effects of overweight children. Therefore, I strongly believe that human beings had better join hands to limit this situation.