

March 11, 2016

Dear Mr.Derrick,

Chocolate milk in our school can be uneasy, but there are some benefits that chocolate milk has. For example, chocolate milk attracts more children to drink milk. Another example is that chocolate milk has nine essential nutrients that are required for children. The final example is that chocolate milk only affects two percent or less in a teen's diet. Maybe chocolate milk is the perfect way to feel blissful and nutritious.

Flavored milk attracts more children to drink milk. According to Ms. Dobbins, a nutritionist, "it's only breakfast cereal where any kid would choose white milk." This explains that chocolate milk is a go to drink for everyone! Jamie Oliver, a food lover, an activist, and a chef says if people use chocolate milk for kids to drink milk, then why not use a toffee apple for children to eat apples? The mistake Jamie Oliver made in this statement is that a toffee apple, unlike chocolate milk isn't healthy at all.

Though it doesn't seem like it, chocolate milk has nine essential nutrients that white milk has. Some experts demonstrate that, "research shows children who drink chocolate milk meet more of their nutrient needs and do not consume more added sugar or calories". This explains that chocolate milk is healthy no matter what. Also, some of the nutrients in chocolate milk are potassium, calcium, protein, vitamin A, and vitamin D. Chocolate milk is nutritious and delicious!

Chocolate milk compared to other beverages is very healthy. Chocolate milk is mistaken for having lots of added sugar. In addition, sports drink has seventeen teaspoons of sugar, while chocolate milk has less than three and a half teaspoons of sugar. All types of flavored milk only affect two

percent of a teen's diet while soda and sports drink affect over fifty percent! So if all types of flavored milk are healthy then why ban chocolate milk from school?

Chocolate milk has the right to be in schools. People are judgemental about chocolate milk because of the word "chocolate", but what about the "milk" part? So please do not ban chocolate milk from schools.

Sincerely,

Pranavi Kristipati

[Ms.Burroughs Rm. 502]