**Topic: In many countries, children are becoming overweight and unhealthy.**

Some people think that the government should have the responsibility.

To what extent do you agree or disagree?

Childhood obesity has become a typical sign of deteriorating public health the world over, especially in Western-based countries, where massive amounts of unhealthy food is consumed on a daily basis. In this regard, some people believe governments should do whatever is needed to improve this situation. However, we should not single out governments as the only ones responsible for combating the childhood obesity crisis.

The role of a competent and responsible government is to ensure the well-being of its people. That is to say, if there is any serious threat to the people, as childhood obesity is, the government should be the one to first realize such a threat, introduce and put **solutions into practice**. However, apart from encouraging regular exercise and healthy diets, I doubt that the government has any further role to play.

The duty to combat obesity in children should not fall on the government alone because parents are, for good reasons, a greater source of influence on children’s unhealthy life. For one, an obese child is often malnourished because they do not receive appropriate nutrients from their food, a truth that reveals parents’ poor choice of diet for their kids. This fact also suggests that parents can have a direct impact on improving their children’s health by choosing healthy eating patterns that contain less sugar and fat. On the other hand, obesity is also caused by lack of physical activity. This can be exemplified by the sedentary lifestyle favored by a large number of youths nowadays. And parents are the only ones who can either encourage or force their children to do more physical tasks or exercise.

The government should of course do what they can to curb the obesity epidemic, no matter how small their impacts might be. Also, I feel the parents of obese children are to blame, and thus need to take responsibility for their kids’ unhealthy condition.

Vocabulary highlights:

1. Childhood obesity: Béo phì ở trẻ em
2. A typical sign of deteriorating public health: Dấu hiệu điển hình của sức khỏe cộng đồng đang đi xuống
3. To combat the childhood obesity crisis: Chiến đấu với khủng hoảng béo phì ở trẻ em
4. To encourage regular exercise and healthy diets: Khuyến khích luyện tập thường xuyên và ăn uống hợp lý
5. To receive appropriate nutrients from their food: Nhận chất dịnh dưỡng phù hợp từ thức ăn
6. Poor choice of diet for their kids: Lựa chọn chế độ ăn sai lầm cho con cái
7. To choose healthy eating patterns that contain less sugar and fat: Chọn khẩu phần ăn chứa ít đường và chất béo
8. The sedentary lifestyle: Lối sống ít vận động
9. Curb the obesity epidemic: Kiểm soát và hạn chế sự tăng lên của tình hình béo phì

**Topic: In many countries, children are becoming overweight and unhealthy.**Some people think that the government should have the responsibility.To what extent do you agree or disagree?

The proliferation of fast food consumption has become underfire over the past decades, following by people’ growing concern about health, especially in youngsters. Although many individuals figure that the government should play as a main role combating this issues, I strongly believe that the responsibility of parents should not be underrated. This essay will discuss both perspectives.

It is observed that the government is responsible for the well-being of citizens when it comes to solving crisis. By using their competent and authority in numerous forms like taxation, the government, without doubt, are capable of controlling the price of the junk food, making it less appealing to consumers.Therefore, many people, instead of eating out, may choose to cook at home where ingredients are carefully selected. Not only does this help adults and children engage in real food but also can be taken as unifying element.

However, the problem of the increasing obesity in the youth should not fell over on the government because caregivers as well as parents are those who have a directly influence on children’ nutrients. If they are likely to lack of self-regulation or self-discipline in comsuption of fast food, their children, definitely, will follow their footsteps. Moreover, children need to learn the social and cultural meanings behind their traditional meal. Another reason is that parents are the huge motivation in lowering their weight. They can encourge their kids to involve in more physical activities or they are able to force to do exercises that burn calorine.

In conclusion, based on above reasons, although the government has a huge impact on the number of obesity in the juvenile, parents’ roles in this issue should not be underrated.

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The proliferation of fast food has become underfire over the past decades, following by people’ increasing concern about health. Many individuals believe that the government should play as main role in dealing with this issue, others figure the solutions need to come from parents. This essay will discuss both perspectives

It is unquestionable that the government should be the pioneer when it comes to combating with crisis. By using their competent and authority in many forms like taxation, the government, without doubt, is capable of controlling the price of fast foods, making them less appealing to eaters. Therefore, many children and adults, instead of eating, may engage in daily routine of homecooking where ingredients are carefully selected. Moreover, the juvenile can learn the value of traditional meal as well as the social and cultural meanings behind it.

On the other hand, the burden should not fell on the government .This is often linked to the fact that parents and caregivers are those who have directly influence on children’ nutrients. If they are likely to lack of self-discipline and self-regulation on the number of junk foods they comsume, their kids , of course, will follow their footsteps. Furthuremore, through motivation and encouragement, parents can inspire the youth to do more exercise or force them to engage in more physical activities.However, The responsibility should not concerstrate on the parents as most time children spends on their school. Children need to develop healthy habits through lessons come from their teachers and mentors.

In conclusion, basde on above reasons, on the whole. Although the government should do their duty when it comes to solve crisis, the role of parents and other caregivers should not be underrated.