Children often eat food that is not good for their health. What are the reasons for this? What can be done to make children stop eating unhealthy food? (3rd November) (GT)

Children habitually consume food which is not good for health. There are a number of causes of this, but certain measures could be taken to alleviate this problem.

There are several causes of this situation. Firstly, children love to indulge in junk food because they can easily buy it anywhere. For example, in my neighborhood, specifically under my block, there is a convenient store that they can just buy out from the shelves. Moreover, across my block, there is a big grocery store that sells a variety of unhealthy food. Because of this, kids can just easily buy food that is not good for their health. In addition, one remarkable reason is that fast food is tastier because of the additives and artificial flavors that was mixed with this kind of food. For this reason, such food can be appetizing and it can be addictive to young ones without knowing the effect on their health if they continue to consume it regularly.

Various possible courses of action could be taken in order to tackle the above. First and foremost, the government should launch a nationwide campaign to raise awareness about the health issues that could elevate by consuming junk food. For instance, programs on healthy eating should be introduced to schools and it should be part of the school curriculum. In this way, our kids should gain information on the right food to eat. Secondly, health should start from home, parents should introduce a healthy eating habit by preparing nutritious food that could benefit their children’s health. As parents, we should train our kids and teach them on the early age on what food to pick and consume. For instance, we can emphasize the damaging effect of consuming unhealthy food and give the benefits of having a nutritious food.

In conclusion, various factors have contributed to the unhealthy eating habit of kids, but this situation could be addressed by raising awareness on the effect of consuming junk food by getting the government, schools and parents involved. Given this situation, it is crucial that the steps should be taken immediately to lessen this bad habit and kids to start eating nutritious food instead.

You have just moved into a new home and are planning to hold a party. You are worried that the noise may disturb your neighbour.

Write a letter to your neighbour. In your letter

* introduce yourself
* describe your plans for the party
* invite your neighbour to come

(Cambridge 6, GT B)