

Many children these days have unhealthy lifestyle. Both parents and schools are responsible for solving this problem. To what extent do you agree with this statement.

Over times, children's lifestyle has become unhealthier than the past, although they have more opportunities to live in hygienic surroundings, have access to nourishing food and which lead to a healthy life. Some people believe that both parents and schools should take responsibilities-responsibility in order to deal with-with this problem. I personally would agree with-with this idea, and in this essay I will set out to explain why.

First and foremost, parents are believed to have the main responsibility to ameliorate-improve the lifestyle of their kids. In fact, they are the main caregiver, and play a significant role in their children's life. These days, parents have gotten involved in a hectic life which leads to spending less time with their children.as- As a result, children tend to spend long hours in front of television or computers, instead of doing physical activities, and rely heavily on fast foods which lacks of vital nutrition. Therefore, parents are under obligation, not only to provide them with healthy food, but also to give them guidelines for activities in the spare time to keep fit. In addition, parents are expected to be the primary role model of leading a healthy lifestyle, as they have crucial impact on the development of teenagers. Most experts have argued that children are more likely to make a habit of doing outdoor activity if their parents play sports with them.

As far as I am concerned, schools are the second most influential community in children's life, because children often spend considerable time at school. Schools are also able to act more responsibly if they pay more attention to the way of student's living. The more extra-curricular activities about healthy lifestyle schools hold, the more knowledge students can gain and follow. Furthermore, children might be encouraged to do more exercise if schools hold regular sports competition.

Although, it has been argued that only parents are responsible for tackling the difficulty of unhealthy children's lifestyle, it has been shown that schools have great influence on boosting children to be more active, and provide them with-with worthy information regarding the benefits of the-a healthy life.

To sum up, parents and schools are able to improve children's lifestyle simultaneously. In other words, I believe that kids can lead a healthier life if they are under the guidance of both parents and teachers.