In many countries people are concerned about the number of children who are overweight.

What do you think are the cause of this?

What solution can you suggest?

In recent years, <u>the</u> obesity in children <u>have</u> become a huge problem in countries <u>many countries</u> including USA, UK. This is mainly due to poor diet and lack of exercises. In this essay I <u>would</u> discuss the cause and solution to this problem.

The children nowadays are not following the proper diets, and their eating habits are attracted to fast food due to advertisements. Although<u>,</u> awareness <u>to</u> the health has been increased, still the children are taking less part in exercises as they are addicted to computers, and video games. Parents may try to guide them about the food, but they are not always with them.

On <u>the</u> top of that, most of the time spent by children is at home. This not only <u>led</u> them to increase their weight but also make them inactive. While in <u>past</u> young people used to take part in various activities and burn their energy, <u>but</u> now they are less active as they spend time indoors. They have less opportunity to burn their calories.

The solution to <u>the</u> above–mentioned problem would be as following. Firstly, food awareness should be provided at school and home. This will not only help them to choose the type of healthy food but also makes them aware of energy contents of a food. Secondly, parents can help their children to go to exercises by putting their children in sports activities. This will result in reducing weight as well as <u>make</u> them healthy. Lastly, <u>government</u> can play their roles by putting heavy taxes on fast food and by providing awareness <u>on</u> healthy foods via TV programs.

Although, <u>the</u> above solutions can benefit children, they themselves also need to take care of the things which are good for them.