

Some people think that the public health of a country can be improved if the government make laws regarding nutritious food but others think that it is the matter of personal choice and personal responsibility.

Discuss both views and give your opinion.

Public health of a country is one of the significant factors of a prosperous country. In order to reach that aim, some people believe that rules concerning nutritious food should be imposed by authorities; on the contrary, some others opine that consumption of healthy food is a personal matter. I agree with the both views to some extent.

First and foremost, governments crucially play a role to ensure well-being of theirs individuals; therefore, they should support and motivate ones to peruse a healthy lifestyle. By imposing taxes on poor-nutrition food such as fast food, people have a less tendency to consume this kind of junk food. As a result, the rate of poor-nutritious-food diseases might be fallen by the authorities' initiatives. In addition, governments are responsible for observing and controlling of food' quality among food markets; thus, there are duties for a government to establish laws regarding the distribution, food storage and consumer rights. Authorities completely have the right to create laws for the sake of ones' health; however, the obedience of these rules depends on individuals' choice at last.

On the other hand, following a healthy lifestyle in a community should be appreciated by its own people. There are some ones do not peruse-pursue a healthy lifestyle, and they autonomously choose the way they like to live. They have the right but it is not moral to leave them in this way, governments and communities should motivate and aware them to have a better lifestyle with creating rules, broadcasting health-related tv programs, etc. in order to hope some of them may change the way they live.

To conclude, I think it is a proper way that governments tend to improve public health with making laws related to nutritious food , although people might not obey the rules. In fact , they should motivate disobedient ones to have a *healthy* lifestyle.