

Children in many countries are eating more fast food and convenience snacks. Why are children doing this and how serious are the consequences?

Today, hardly a day goes by without hearing about the preference of children, in the most regions of the world, to eat fast foods. This issue is not simply that children are more tired and unable to concentrate in class because they have not eaten appropriate food on a given day. By which I mean ~~malnutrition~~~~bad-fed~~ can have ~~the~~ devastating impacts on both ~~potential~~ the future of children and society.

To begin with, seemingly, roughly all of the children prefer to eat fast foods and convenience snacks, the foods ~~with~~ high in sugar and oil, and low in vitamins and fibre, ~~due to~~because they are probably more delicious or accessible than their healthier counterparts such as fruits and vegetables. However, parents who neglect to balance their children's diet can be the most crucial reason ~~for~~, in that children have a nutritionally poor meal instead of a rich one.

To continue, ~~jeopardized~~ jeopardizing children physically and intellectually, malnutrition restricts their cognitive and physical performance. It means they are more likely to be sick and miss their school and also reduces their ability to learn, so malnourished children not only face direct damage to their body and mind but also, they can have less self-confidence and self-esteem and even career aspiration compared d to those ~~of are~~ well-fed. Consequently, this problem can act as a big barrier to economic growth.

To conclude, I personally opine that although fast foods are more attractive for children and easy to make~~making~~ for parents, ~~the~~ nourishing foods can play a key role in ensuring that the brain and body develop properly which gives rise to children act~~ing~~ as a productive members of society in the future. Thereby, investing in meticulously nutritional food programs ~~food~~ seems necessary.