

Many people believe that healthy eating and the importance of healthy food should be taught in schools. Others say that parents should teach their kids about healthy food and diet. Discuss both views; give your opinion and relevant examples.

With the passage of time, the importance of ~~the~~ healthy nutrition has been ~~being~~ apparent for the general public. Not very long ago people used to consume healthier products, but this is no longer the case. Unfortunately, media compound the problem, and the constant barrage of unhealthy foods' advertisement that is directed at ~~the~~ public, particularly the youth which induces them to ~~eat/consume~~ ~~feed with~~ innutritious products such as junk foods. Therefore, it is immediately needed that ~~we~~ raise ~~the~~ public awareness ~~especially~~ children. Now a query requiring to be raised is whether ~~the~~ education is ~~either~~ the schools' duty or the parents' commitment.

Some maintain that feeding children in correct way should begin from infancy (~~time~~) when the schools cannot play a significant role. In this period, in the first place, not only ~~do~~ children enjoy ~~a~~ ~~the~~ balanced ~~d~~ diet, but also they have to be taught in order to distinguish the healthy foods from unhealthy ones. Additionally, children unconsciously opt for their parents as role models, and imitate them even ~~in~~ their foods' tendency, and also parents indirectly launch their infants on the correct way.

On the contrary, opponents believe that although parents should feed their children with a healthier method, ~~one of the important duties~~ ~~the mere duty~~ of schools is raising the children's knowledge about the benefits of foods with nutritional values. For strengthening ~~their~~ own opinion, they assert that parents due to the lack of sufficient knowledge might ill-inform their children. Therefore, authorities should adopt some informative plans in order to raise ~~the~~ public awareness in this respect. For example, healthcare systems ~~s~~ can embark upon a massive program such as running ~~the~~ nutrition courses.

In sum, in my opinion, both parents and teachers should assume this responsibility to edify the youth about highly nutritional consumption, because we are well aware that an ounce of prevention is worth a pound of cure, such that ignoring this subject inflicts ~~the~~ detrimental damages.

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