

Some people think that children today are not as fit and healthy as in the past. Do you agree or disagree with this statement? Give your opinion, reasons and solutions.

In recent years, there has been an increased focus on issues that affect children as well as and on improving their health. Considering the important role of children in societies, we face a variety of perspectives concerning their future, and in this regard there are a lot of people who are on of the opinion that the new generation are not as healthy and fit as those of previous ones while some others are strongly against it. When it comes to this notion I maintain the idea that children nowadays suffer different kinds of physical and emotional problems that ~~that~~ their parents rarely experienced. ~~such issues.~~

Regrettably nowadays ~~human kind~~ humankind is suffering from a variety of health problems such as obesity, hypertension, insomnia, depression and arthritis, (and out of the mentioned issues) among which obesity is prevalent among children. Based on a new research (have done by) the faculty of health and medical science of UCLA (more than 65 per cent) roughly two-thirds of children who were born after 2011 are overweight with ~~in an~~ average of five decayed ~~tooth~~ teeth. It goes without saying that spending so much time in front of the magic box watching exciting cartoons or playing with video games instead of physical activities is a result of modernity and would result in unhealthiness of the new generation.

In the last ten years most mothers have started working out of ~~the~~ home, and as a result, they do not have much time to spend in their kitchen to cook for their family. This leads to an increase in of the consumption of fast foods like hamburgers, French fries and fuzzy-drinkable beverages. ~~Since most of these types of fast food have/possess~~ Having FDA approval, ~~for most fast foods~~, children most often ~~eat tses foods excessively exceed having junk food~~, and this is another main factor of unhealthy children. What makes it worse is that regrettably sadly not only do parents prevent their children ~~from of~~ having such greasy foods but also in mass media there are plenty of advertisements s to push children into of consuming such foods.

However, there are some people who claim that defying the conception of appearance of children today, due to the advancements s in medical science the new generation have ~~less-~~ fewer health problems than before. In ~~another words,~~ genetically modified products are less harmful for our health than casual products but this has been is something on the spotlight for years and there ~~are-is~~ not enough evidence for such a claim.

In conclusion, I believe that less activity will definitely lead to obesity and other health problems and today's children must much change their lifestyle or they will face more serious problems in their old ages. Having adequate exercise is another critical factor in improving to- improve health, so I strongly suggest that parents must compel their children to take part in outdoor activities rather than spending time in front of a television.