

Many people believe that it is the school's responsibility to teach children not to eat junk food. Others believe parents should do this. Discuss both views and give your own opinion.

There are different views about who is in charge of educating children to avoid eating fast food. In my view, schools and parents both (who?) have a crucial role in to encouraging kids to eat healthily which needs full co-operations to get an effectively positive result.

On the one hand, the eating pattern of children forms in the families due to the majority of their time at home. At an early age, the children do not have any choice of what to eat and if the members usually follow a healthy diet, they will get used to those foods and later they tend to continue the same path. For instance, if the mother cooks a delicious meal at home, the child will be enthusiastic to eat it, hence, this creates makes a healthy habit for the child. By contrast, if the parents are full-time employees with less time for preparing food and they usually go to the restaurants or buy some prepared foods, the child will be reluctant to consume simple healthy diet.

On the other hand, some parents believe that the children should learn every aspect of life at schools such as avoiding the detrimental food. They conceive since the majority of children's time is spending spent at schools with their peers. Hence, the teachers have a wonderful time to educate them even in terms of nutritious and fresh food as they typically accept all their saying. They can show some videos about the positive effects of healthy foods and their functionality to our body. The teachers may encourage them to keep away from junk foods by setting a reward in a month. In addition, the children typically desire to buy some snacks at schools. If the schools provide some fresh fruits as a snack in their access, they will use them too.

In conclusion, however hard the is encouraging kids to eat healthy food is, it is feasible with the cooperation of both their parents and teachers in schools. In my view, the parents play a crucial role in feeding them at home and the schools are able to inspire them to recognize the drawbacks of fast foods to keep away.