

Beat: Politics

## FIRST LADY MICHELLE OBAMA IS BEATING THE ODDS AGAINST JUNK FOODS IN US SCHOOLS

### CONGRESS TO STATUTE SOON ON SCHOOL MEALS

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**USPA NEWS** - The First Lady Obama won the bet with the canteens of balanced menus in some schools of the US. A bet dared will have had consequence of meal rules, phased in since 2012 " Youth For Healthy Schools Act". The congress will rule again from the September 30, expiration date, the scope of the act

#### MICHELLE OBAMA IS ACTING FOR THE HEALTH SAKE OF THE YOUNG GENERATIONS USED TO EAT UNBALANCED MEALS-----

Michel Obama could act at once from one side of dissatisfied consumers are young people whose diet was upset by so many years to eat fat and sugar and the other side of the parents. The first lady has set the cat among the pigeons and is has captured the heart of the parents and some teachers, this case was both sensitive from the point of view of public health and the disastrous consequences of malnutrition related diseases, if it has not been fought very early in youth.-----OBESITY COSTS € 115 MILLION PER YEAR UIN THE UNITED STATES-----

Obesity is a major public health issue in the United States. One in three adults and nearly one in five children is now obese. The number of obese has tripled in the US in 30 years, meaning that for the first time in the country's history, young Americans could live shorter lives than their parents. Funded by a public-private partnership, the program cost is approximately \$ 150 million (€ 115 million) per year. It should enable schools to offer at least one hour of sport per day for each student. Fifty thousand schools should be involved in the next five years initiative. According to the association, American children have never been sedentary.-----

Senate Agriculture Chairwoman Debbie Stabenow, D-Mich., and Republican Sen. John Hoeven of North Dakota both said Thursday that there are ongoing negotiations between the House and the Senate over the waiver. A Senate bill approved by a spending committee in May did not include the waiver, but called for further study on sodium and whole grains requirements. This summer, Mrs. Obama said she would fight "until the bitter end" to make sure kids have good nutrition in schools. White House nutrition policy adviser Sam Kass said the policy is a top priority for the administration.

Some school principals reported that the majority of young students throw the fruits that are served to them and reject the consumption of vegetables and whole grain. They even had to introduce comprehensive pasta to satiate the hunger, they claim not to have met by this test regimes taxed canteen. It would be enough even if not easy but not feasible to organise educational and fun methods to explain menus describing the role of fruits and vegetables as well as positive and beneficial effects on the healthy body needs vital for these teens growth. This is not sufficient, even if necessary, but could be accompanied by stronger and compelling messages that can not be translated unless by the authentic and delicious taste of these products ...genuinely so natural. The cooks if they agreed to revisit some recipe and tap into the well-being benefits of preparations to enhance the taste of food. Many chefs, even if they are rare, are already lean on the issue in Japan, and in Europe especially in France. See also article :

LE FOLL ANOUNCES EUROPEAN FUNDS ASSIGNED FOR THE PROGRAM A FRUIT FOR RECESS UP TO 76 % AGAINST 50% BEFORE - See more at: <http://www.uspa24.com/bericht-5478/le-foll-annonce-european-funds-assigned-for-the-program-a-fruit-for-recess.html#sthash.cjkQaKT8.dpuf>

EXCERPT OF THE HEALTHY HUNGER FREE- KIDS ACT SIGNED BY PRESIDENT OBAMA IN 2010 "The Healthy, Hunger-Free Kids Act of 2010 represents a major step forward in our nation's effort to provide all children with healthy food in schools. Increasingly schools are playing a central role in children's health. Over 31 million children receive meals through the school lunch program and many children receive most, if not all, of their meals at school. With over seventeen million children living in food insecure households and one out of every three children in America now considered overweight or obese, schools often are on the front lines of our national challenge to combat childhood obesity and improve children's overall health. This legislation includes significant improvements that will help provide children with healthier and more nutritious food options, educate children about making healthy food choices, and teach children healthy habits that can last a lifetime. USDA will work with states, school districts and neighbourhoods to implement the

provisions of the bill and Americans will start to see changes in their communities over time.“<sup>2</sup>Numerous personalities from the political, scientific, journalistic, gastronomy and even military have brought their official support to the First Lady for her efforts to balance the alimentation children to school, while stopping their hunger. Among them, here is the testimony of "Retired Army Generals John M. Shalikashvili and Hugh Shelton, Former Chairmen of the Joint Chiefs of Staff."

“On behalf of Mission: Readiness and over 100 retired generals and admirals who support child nutrition legislation as a matter of national security, we are very pleased that the nation has taken this important step in addressing the nation’s obesity epidemic. Being overweight or obese is the No. 1 medical reason why young men and women are unable to join the military. Research shows that up to 40 percent of what children consume every day takes place during school hours and that 80 percent of children who were overweight between the ages of 10 to 15 were obese by age 25. The final bill includes provisions that can get junk food out of schools, nourish more kids who need healthful meals and motivate them and their parents to adopt healthful eating and exercise habits. Military concerns about the fitness of American children are not new. When the National School Lunch Act was first passed in 1946, it was seen as a matter of national security. At the time many military leaders recognised that poor nutrition was a significant factor reducing the pool of qualified candidates for service. Our country is facing another serious health crisis. Obesity rates threaten the overall health of America and the future strength of our military. We must act, as we did after World War II, to ensure that our children can one day defend our country, if need be.“<sup>2</sup>-Retired Army Generals John M. Shalikashvili and Hugh Shelton, Former Chairmen of the Joint Chiefs of Staff

Source: Newsweek 2010, American Grow, US Congress, US Senate, White House-----To be continued at next publication

**Article online:**

<https://www.uspa24.com/bericht-5539/first-lady-michelle-obama-is-beating-the-odds-against-junk-foods-in-us-schools.html>

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