

EXHIBIT 6.16. Problem-Solution Sample Essay

Every day, I see advertisements for fast food or sugary drinks on TV. Usually, the people in the ads are smiling and full of energy. Unfortunately, this is not how I feel after I eat junk food!

Many teenagers and children in our country are targeted by food companies who want them to keep buying and eating food and drinks that are highly unhealthy and very addictive. When teens eat unhealthy food and don't get enough physical activity, they are at a higher risk of obesity and the health issues that come with it. Obesity among young people is a growing problem that must be stopped. If this challenge is not addressed, then many youth will be at risk of experiencing dangerous health effects in the future.

There are different causes of obesity in young people. Many kids don't have access to healthy food choices at school and in their homes. Some communities have plenty of fast food restaurants, but not many Farmers Markets, fresh food stands, or even grocery stores. Fast food restaurants and companies that sell junk food and sugary treats often directly market their products to young people. So, making unhealthy food cheaper and easier for kids to access than healthier options can be a contributing factor to rising obesity rates among the young. Children are also less physically active than in decades past because they spend more time watching TV and playing video games. They don't burn as many calories when they are sitting on the couch.

These factors can all lead to unhealthy weight gain in children, which can have numerous health effects. Young people with obesity are at a higher risk of developing diabetes and heart disease. They can also experience low energy levels, sleep problems, and emotional effects like low self-esteem. Another effect of being overweight as a child or teen is a higher risk of developing asthma.

While this is not an easy problem to fix, there are two solutions that can help address the challenge of obesity. My first solution involves education. Young people need to learn about the dangerous health effects of obesity and, more importantly, how they are being directly targeted with advertising by companies selling unhealthy food. This type of education could involve students analyzing junk food ads for false information as well as researching the types of additives and chemicals being added to food in order to make it more addictive. Schools could even offer workshops throughout the year for both parents and children in order to learn about healthy living choices. The main advantage of this solution is that it addresses the problem at its

core and can have long-term effects if it is sustained over time. Some may argue that this solution would be too expensive for schools to implement. However, this initiative could be funded by government grants or even sponsored by health care agencies. This kind of education would even reduce health care costs in the future.

A second solution to the problem of rising obesity rates among young people is to make school food healthier and more appealing. If schools provided a variety of fresh foods including fruits and vegetables, then many students would have access to a healthy breakfast and lunch five days a week. Over time, this could really have an impact on the health of millions of children across the country. Others may argue it is too difficult for schools to prepare and serve fresh foods. However, many schools already have gardens or land that could be turned into areas for growing fruits and vegetables. Students could participate in growing and even cooking the food that is then served to them in the school cafeteria.

What is the best way to solve this growing problem of obesity? I believe that educating young people is the best way to solve the problem in the long run. This solution is most powerful because people can always make better, healthier choices in their lives if they have access to information. Using schools to spread this information is the best way to reach millions of children and teens in our country. If we can address this problem with young people now, we will see healthier, happier adults in our future.

