

Fed Up Discussion

Names _____

Considering the rising obesity rates in North America, discuss the following and come up with answers your group more or less agrees on. **Be prepared to share your answers with the class in a discussion.**

A. Comment on how much blame or responsibility should be assigned to each of the following and WHY? Elaborate on the WHY portion of your answer.

1. Overweight kids -

2. Parents -

3. School based food programs -

4. Proper science-based nutrition education in schools -

5. The food industry -

6. The government -

B. Discuss & comment on what SHOULD or COULD be done by each the following to help reduce obesity rates.

1. Overweight kids -

2. Parents -

3. School based food programs -

4. Proper science-based nutrition education in schools -

5. The food industry -

6. The government -

- C. Suggest any another groups or aspects of society that might be improved upon or changed in order to help reduce the obesity rates, and explain how this might help.

- D. Should new parents be forced to take classes on proper nutrition? Why or why not?

- E. Is it a form of child abuse to feed your children so poorly they become obese?

- F. Should schools enter into exclusive contracts with companies such as Pepsi or Coke? What are the pros and cons of such an exclusive contract for both the school and the soft drink company?

- G. Should we bring in and sell pizza and other fast food at Oneill?

- H. Should we have vending machines at O'Neill that sell pop, juice, chips, bars etc?

- I. Considering the SRC makes money off its canteen sales, should our canteen continue to sell chips, chocolate bars, pop, slushes etc?