

An increasing number of children are overweight, which could result in many problems when they grow older, both in terms of their health and health care costs. Why do you think so many children are overweight? What could be done to solve this problem?

Justify your stand and include any relevant incidents/instances from your own knowledge or experience.

You should write at least 250 words.

An increasing number of children are overweight - Band 8 IELTS model essay

Obesity is a growing problem for both children and administrations, which are forced to spend more money on healthcare services as a result. I'll go through some of the causes and solutions to this problem in this article.

Having a wide variety of food choices is a major perk of living in an economically developed culture like ours. It's a shame that the overwhelming majority of them aren't in great shape. Domino's, for example, is a rapid chain that heavily promotes its products to youngsters. Consequently, a large percentage of them have become obese as a result of eating Dominoes on a daily basis. As technology advances, kids are squandering hours on their machines and less time hanging out with friends, participating in physical activity, and getting exercise outside.

To counteract obesity in children, school nutrition programs may help children acquire a variety of important life skills throughout their formative years. Therefore, it is essential to instil in youngsters an appreciation for healthy eating. Students at Colegium Elementary School in my neighbourhood are learning about nutrition as part of a new course they've developed. This has a significant impact on reducing the number of obese pupils. Secondly, governments should fund initiatives like this one that teach young people about food and cooking. Healthcare expenses may be reduced by lowering the incidence of obesity.

When it comes to young people who are obese, technological innovations and the expansion of fast food alternatives could be harmful. However, this is not an insurmountable barrier. This is a problem that has to be addressed, and the best place to start is by reading news or articles just like this.

An increasing number of children are overweight - Band 7.5 IELTS model essay

Obesity is a hurdle that costs taxpayers more money. Nonetheless, in today's world, a large proportion of children of all ages are obese. This issue is the cause of several ailments, including cardiovascular and cardiac conditions. This occurs, in my opinion, because many children like snacking and frequently consume ready-made meals. Moreover, parents should regulate their children's diets.

First, I assume sedentary lifestyle causes obesity crisis. Due to technology, they pick pc games over the park. As in 1950s, kids played around for 5 hours each week, compared to two hours now. Fatty foods are another factor. Toddlers were eating less healthfully because of all the fat- and fructose sweets are accessible. Most kids today want pies, cheeseburgers, pasta, etc. for their regular dishes.

Healthcare seems to be another cause. Some kids are excessively fat. Because kids inherit their parents' DNA and endocrine abnormalities. A genetically fat child may still manage his metabolism by eating well. Frequent physical activity can help him manage his weight loss. 40 percent of obese US children who receive effective therapy, a healthy diet, and moderate exercise stop getting fat.

In conclusion, adolescents develop obese because they prefer unhealthy processed foods to nutritious vegetables and fruits. I am certain that it is vital to regulate the foods we consume, which should include broccoli and cabbage, in addition to baked goods and dairy items. I believe that teenagers with a sweet appetite should avoid goods containing a great deal of sugar and instead stock their refrigerators with more veggies.

An increasing number of children are overweight - Band 7 IELTS model essay

Obesity has become a global problem among babies and toddlers. A condition like this may lead to a variety of disorders, including cardiac and cerebrovascular problems. It occurs, according to my view, due to the prevalence of microwave meals among children who like grabbing a quick bite. As a last point, mom and dad must keep an eye on what their kids are eating.

Numerous factors contribute to the rise of childhood obesity. The first of several contributing variables is eating too much fast food. According to a recent study, obesity affects 17percent of the overall of youngsters between the ranges of 2 and 19. Sometimes people will opt to eat cheap meals at fast food restaurants like Subway because they are lethargic, however as a result, they and their offspring wind up being overweight. Not introducing the kids to sports and exercise is another factor, in my opinion. Young people today have access to their own smartphones, computers, and video game systems. Additionally, kids utilise devices on a daily

average of eight hours. To put it another way, if you don't move around because you're at home the whole day, you can consume more calories and suffer various negative effects on your vision, body, and pulse.

It is recommended that youngsters be provided a good meal plan and regular exercise regimen in order to prevent any health issues that may develop over time. For the first few days, working moms should keep an eye on them and then hand the task up to their children.

The final point is that if parents want their children to be raised fit and healthy, they need to spend a lot of time working with them on issues like nourishment and screen activity.

An increasing number of children are overweight - Band 6.5 IELTS model essay

The prevalence of overweight children and adolescents raises a slew of health concerns and costs associated with medical care. Adolescent excess weight can, in my opinion, be attributed to a variety of factors. Even so, there are ways to improve the situation.

There seem to be a number of factors contributing to the rising obesity rate among young people today. This occurs for a variety of factors, but the most prevalent is that students preferred fast food to a healthy, homecook diet. Addiction to fast foods such as hamburgers, samosas, and others is on rise among adolescent, and daily consumption can result in weight gain. Consequently, an individual may develop a heart illness, such as heart attack, which escalates their hospital bills. As eg:, one of my friend died of a heart attack as result of her weight gain or poor nutrition.

However, there is numerous solution to the problem at hand. A better and healthier diet and regular exercise can aid in preventing infant from gaining excessive weight. Constantly make it clear that young people should make it a habit to exercise consistently and perform some yoga asanas. Despite this, teenagers must still strive to consume diet rich in vitamins, proteins, and calcium. My grandfather is in excellent health despite being in his mid-1970s since he strictly adheres to his sailing diet and exercise regimen.

That is all there was to it in this essay, which covers both the cause or remedy for what was stated. Individuals, in my opinion, are solely responsible for their own health and wellbeing.