

Letter to the Editor

Dear Editor,

In the article "School Lunches Get Better Marks" by Associated Press (2003) from CNN.com, schools nationwide lowered the fats in lunches. In 1998 to 1999, schools nationwide had been reviewed to see how many fats are in their lunches. The General Accounting office found out that three-fourths of the 22 schools' lunches contained 34 percent fat, which is higher than the 30 percent standard by the Agriculture Department. Most schools' lunches reduced the average percent of calories from fat, only a little met the goal for fat content said senators Tom Markin and Richard Lugar. While cholesterol levels went down, fat content in lunches stayed high. In 1999, Elementary school meals had 68 milligrams of cholesterol, which is 19 percent less than 1992. A similar decrease are shown in High School meals, from 95 to 75 milligrams. Consumers say children are overweight because of school lunches. Karen Johnson, who is the vice principal of the American School Food Service Association said low-fat foods are expensive.

I think it's good to hear that schools lunches lost some of the percents in fat. I'm not surprised to hear that schools lunches are full of fat because when you buy the lunches you can see how many fat are in there. I think it's good to hear that cholesterol have dropped but it's also disappointing to hear that the fats have stayed the same. I think it's wrong for Karen Johnson to make excuse for not providing a better lunch. Even though low-fat foods are pricey, it doesn't mean it can't be brought if it means less children will be overweight.

Many might not agree with me, but I think school lunches should keep on decreasing even if it mean that there will be only salad and juice for lunch. The healthier the food, the healthier the consumers would be and that would play a great role in their education and fitness. Healthy food will give them a better mind and more energy. Wouldn't you want these things?

Associated press did a great job in reporting these matters. They had every important information about the issue and this help me keep track of what's decreasing and what's increasing. There are a few things that I'm unclear of and that may get me to not fully understand.