

OBESITY 'CHILD, THE PROBLEM OF CHILDREN TODAY

Abstract

One thing certainly alarming that goes away growing exponentially is that children eat too much and hurt. The figure, for about 10 years, is that 15 boys out of 100, in a critical age such as that between 6 and 14 years are obese and, unfortunately, it is not simple overweight: In some cases, we are faced to frankly obese children and 30% of obese children already suffer from diseases that once struck only adults such as hypertension and high cholesterol. Children and adolescents, therefore, should not be left free to eat as much as they want and they may run into errors harmful to their health in the future, therefore, is very important in the case of childhood obesity, the role played by the parents in education and in eating habits, by acquiring the child, their own conscience about what is good or bad for his health, learning to distinguish correct behavior in terms of power. Surely it is difficult to love fruits and vegetables to children, get them to dispense sweets and fats, encourage them to appreciate the variety of foods and get used to not exceed in amount, but it is a necessary effort to teach them not to compromise their health. The purpose of the information campaigns of the Ministry of health in schools for pupils is this: without obsessing and without penalizing or punishing the throat, you have to help them figure out what is best to eat and direct them towards a healthy and balanced relationship with food, making understand their respect for one's body.

Key words: *education supply, motor activity, obesity, sedentary lifestyle, nutrition and sports, lifestyles*
