

TASKFORCESUBMISSION: submission

NAME: Rosemary Winchester

POSITION:

ORGANISATION:

SUBMISSION1: PROBLEM - Parents inability to feed their children a balanced diet and provide correct exercise

REASON - A = Parents are ignorant in this matter i.e. they don't know the number of portions to serve from food groups, portion sizes and are not up to date with dietary matters. B = Parents have the knowledge, but do not implement the diet i.e. they want to please their child & allow the child to make choices which are unhealthy, they are too tired or busy to make the effort, they don't believe the diet information, they don't care about it, cultural food overrides a balanced diet - their heritage shows that they have eaten this food for generations.

SOLUTION - 1 = Educate children in schools i.e. each year a program should be taught appropriate for the child's age and addressing the matters above, which should start in Kindergarten. Each year it should be built on and incorporate parents as they have control over the diet. 2 = Either remove canteens from primary schools or only have healthy sandwiches, fruit and milk. So called healthy pies and lollies are a joke. Whether they are healthy or not, children should not be shown that these are healthy lunchtime choices - they are not. A pie is a pie to a child, no matter what it is made from. Treats and junk food should not be provided by the school. If the parent wants them to have it, then the parent gives it to them. Children should not be encouraged to drink flavoured water - taste buds are impressionable - this leads to bad choices and no plain water intake. Children should fill up their water bottles from a tap - it's free. Peer pressure to buy junk at canteens undoes a lot of good work that health-conscious parents do i.e. child wants to bring money for canteen junk or their friends buy them the junk. Canteens should not be looked at as a source of revenue for schools, as it is now. While ever canteens are profit driven, there is a conflict of interest with children's health. Therefore decisions need to be made across the board by the Government. Keep it simple and the implementation becomes cost effective. Canteens should not make a loss, otherwise they close.

OBJECTIVE - 1 = to have children EAT a balanced diet and DO correct exercise 2 = to have children KNOW what is a balanced diet and the correct exercise 3 = to have children WANT to have a balanced diet and correct exercise.

BENEFITS - Quality of life improves, live longer, less strain on the health system, less cost on the health system, less cost to individuals and tax payers.

PRIVACY: yes

SUBMIT: Submit