

First Name Last Name

Eng 101

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M,W,F 8am

Pizza: Vegetable Imposter

A slice of pizza counting as a vegetable for kids to eat at lunch seems a little ridiculous. In the article "Congress: Pizza is a Vegetable," by Greg Howard, he explains how the United States congress is fighting President Obama and his administration's efforts to make it so that the lunches that are served to children at school are healthier. Congress believes that a slice of pizza counts as a full serving of vegetables, rejecting many proposed efforts from the Agriculture Department to increase the standards of school lunches. The USDA tried to change the amount of pizza sauce needed to make pizza a vegetable; they wanted the current amount of a couple of tablespoons changed to a half a cup of sauce. Though the food companies lobbied hard to prevent congress from making it a half a cup, and with \$5.6 million dollars, it will stay at a couple of teaspoons. According to the Center for Disease Control and Prevention 12.5 million U.S. children are considered to be obese, making many nutritionists upset at the idea that pizza is a vegetable. Margo Wootan, the director of Nutrition Policy at the Center for Science, took a stand against congress stating that congress is more concerned with their own private interest than they are with the health of every child in school. The spokeswoman for the USDA, Courtney Rowe, said that the department will keep moving forward in their attempt to make school lunches healthier for kids to eat. Once again though, the special interest of those in congress will prove to make it difficult for any kind of change to occur.

For the life of me I cannot grasp the reasoning behind politicians deciding that a single teaspoon of vegetable sauce counts as a vegetable and is therefore considered to be healthy enough to be served for lunches at schools. There is so much wrong with this and while one might get caught up in the

delicious taste of a slice of pizza, it can be easy to forget how everything about a slice of pizza should not make it a vegetable. This is simply disgusting, and only further proves why 12.5 million kids are considered obese. I always believed a vegetable to at least be something that didn't consist of grease, all one needs to do is take a look at a slice of pizza to realize that we are harming our kids by believing pizza to be a healthy choice for people to eat. So now when kids have to decide between getting a slice of pizza or a salad for lunch, they will look at both options as being healthy choices and in most cases choose to go with getting the slice of pizza.

We select our congressman to represent what is best for us, as a society, not for special interests and corporations. It marks a sad day when our government states that a slice of pizza is to be considered as a vegetable and is therefore healthy for our kids to eat at school. One should not be surprised when congress chooses special interest groups over the health of the American children, because the kids are not the ones that can pump out millions of dollars and provide power and security for our wonderful politicians. There is no reason behind congress decision, other than the 5.6million dollars that the food companies spent to influence congress enough to block the proposed bills, the bills that would have taken steps to create healthier lunches to be served at lunch so then maybe only 10 million children would be obese. It's the job of our congressman to represent us fairly, to act in such way that is best for us all as a whole. Sadly though unless you have millions of dollars to spend on the politicians in order to influence them then like the most of us your interests won't be considered by those in power.

If one were to indeed look at this issue from the view point of congress, they might possible see that congress is simply trying to save money in what is a financially difficult time. This however does not stand to be enough when arguing on the side of congress. This matter should be nothing less than a simple one, as it deals with the health of young kids and teens. The way congress acted on this issue

shows the effect of lobbying at its best but it also shows how morally and ethically disgusting we as a society have become. It is stated in the article itself that food companies lobbied hard to fight against President Obama and his administration push to make school lunches healthier for the children eating them; the food companies spent \$5.6million to ensure that pizza would remain a key food item served at school lunches. It is easily seen that with money you can influence the congress decisions, even if it means that it will affect the health of American children and teens, helping to increase the current 12.5 million kids obese even higher.

So pizza is now considered a vegetable that is seen to be a healthy choice for kids to consume at school lunches. The absurdity behind this is incomprehensible and is simply vile, and proves once again why one can never trust a politician. We however need to act quickly to change this; we cannot allow kids to believe that pizza is a healthy choice when deciding what to eat.