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Title: Need to ban junk foods in school premises in the country.

SHRI ARUNA KUMAR VUNDAVALLI (RAJAHMUNDRY): Children are our most valuable resource, as they are the leaders of our future. What we give them today shapes our tomorrow. We must agree that children are the future of our nation and, therefore, investing in children should be a nation's priority.

School children are eating Junk foods instead of regular food. Wafers, colas, pizzas, chocolates and burgers are the most common junk foods. It is not only physiological repercussions, but also disadvantages that iffect the child's intellect and personalities. It has high in fat and sugar; contribute to weight gain and obesity, which in turn puts children at high risk for diabetes, heart disease and other health problems. With the reduced physical activities in present days, these unhealthy snacks add to the problem even more and cause layers of fat to be deposited.

Parents must monitor child's diet. When a student is away from their parents, the school must function as a parent and do what is best for the students. While the parents cannot be there to oversee a student's meal, school should make sure that those meals do not include junk food and should make available traditional food items like Rajma Rice, chapatis, fruits and boiled eggs etc.

I, therefore, urge upon the Government to ban Junk Food in School premises, as the future of our nation is growing in our schools.