

A speech for a social issue project

Good morning teachers and fellow students, do you like potato chips? I bet most of like it but nuts or dried fruit? No someone of you may say, nah they're not tasty at all but have you ever thought of the health value of those snacks? Many students in Hong Kong are now suffering from obesity. There are many factors of causing obesity such as lack of exercise and unhealthy lifestyles. Beyond all reasons, unhealthy eating habit is one of the major factors. So today I would like to show you how eating unhealthy snacks related to teenage obesity.

According to interview conducted by the Hong Kong Baptist University, the result showed that over40% of students ate snacks or went to fast food shop at least 3 times a week. Without having enough exercise and healthy lifestyle, we will get obese easily and it may lead to a lot of health problems such as high blood pressure and high blood glucose level which may affect our health.

According to the result of our survey, all our interviewees had the habit of eating snacks and almost half of them ate snacks because of hungry and the other half was because of boredom. When asked about whether snacks really affect their health, most of them agreed but most of them still chose unhealthy snacks such as chips and chocolate as their first choice when having snacks. Besides this, majority of students thought that taste is the most important reason when choosing snacks. That's why we choose unhealthy snacks as they have been added up different kinds of spices which make them become tastier than those healthy snacks. Also, the price of organic food or healthy snacks such as nuts or dried fruit is much higher than those chips or sweets which we cannot afford, so students prefer choosing the unhealthy snacks instead of the healthy ones.

Last but not least, from the result obtained, more of the teenagers have the habit of eating unhealthy snacks which contains high fat and sugar content, which may affect their health. Therefore, it is suggested that both government, school, parents and us should have the responsibility for us, teenagers to maintain a healthy eating habit by reminding ourselves in our daily life such as provide educational programmes, healthier food choices in the tuck shop. Besides, our parents can help us to build a healthy eating habit since we were young but it is not late to start now by cooking us healthier meals. Furthermore, the government can produce some advertisements of the negative impact of being unhealthy which can raise our awareness. In a nutshell, changing our eating habit is the most effective and direct way to solve the problem. Thank you.