

Dear Ms. Granger,

I believe chocolate milk should not be served in schools. Schools should not serve it because chocolate milk contains too much sugar. Also, schools should not serve it because it promotes unhealthy eating habits.

One reason why schools should stop selling chocolate milk is because it has too much sugar. According to famous chef Jamie Oliver, "the sugar is coming and it just ain't stopping!" When Jamie showed a school bus full of sugar, he makes you stop and think about how much sugar kids are getting from chocolate milk. It makes me realize that even though one bottle of milk might not have much, if you drink it all the time, it's a lot of added sugar. Also, chocolate milk has more sugar than Coke. In an eight ounce serving, Coke has twenty six grams of sugar and chocolate milk has twenty eight. More sugar than soda! Everyone thinks soda is so horrible. But chocolate milk is even worse. Kids shouldn't drink it and schools shouldn't serve it to them.

Another reason why I believe schools should stop serving chocolate milk is because it promotes unhealthy eating habits. When kids get used to drinking plain milk, they don't drink chocolate milk. When schools stopped serving chocolate milk, milk consumption dropped thirty nine percent. Anne Cooper said, "Children will drink plain milk if that's what's offered. We've taught them to drink chocolate milk, so we can unteach them that." School is a place where we are learning to become better readers, writers, and thinkers. People who are thinkers think about what they are eating and drinking. School should teach kids to think about their drinks and their nutrition. They shouldn't serve kids chocolate milk.

In closing, I think it would be cheaper to serve chocolate milk than juice but long term unhealthy kids turn into unhealthy adults. Would you want that on your conscious?

Sincerely,
Kennedy