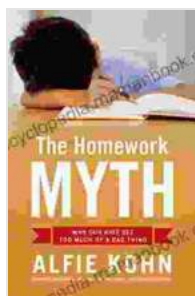


# The Homework Myth: Why Our Kids Get Too Much Of A Bad Thing

In today's world, it seems like our kids are exposed to more and more negative influences. From the violence and gore in video games to the sexual content on television and the internet, it's hard to know what our kids are seeing and how it's affecting them.

One of the most concerning trends is the rise in childhood obesity. According to the Centers for Disease Control and Prevention (CDC), one in five children in the United States is obese. This is a serious problem, as obesity can lead to a number of health problems, including heart disease, stroke, type 2 diabetes, and cancer.

There are a number of factors that contribute to childhood obesity, including poor diet and lack of physical activity. However, one of the biggest culprits is the overconsumption of sugary drinks. Sugary drinks are high in calories and sugar, and they provide little nutritional value. In fact, a single 12-ounce can of soda contains about 150 calories and 39 grams of sugar.



## The Homework Myth: Why Our Kids Get Too Much of a Bad Thing by Alfie Kohn

★★★★☆ 4.5 out of 5

Language : English  
File size : 923 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 261 pages



Sugary drinks are a major source of empty calories for our kids. They contribute to weight gain and obesity, and they can also lead to other health problems, such as tooth decay and cavities.

Another major concern is the amount of screen time our kids are getting. According to the American Academy of Pediatrics (AAP), children and teenagers spend an average of seven hours a day on screens. This includes time spent watching TV, playing video games, and using computers and smartphones.

Excessive screen time can have a number of negative consequences for our kids. It can lead to problems with attention and focus, it can interfere with sleep, and it can promote sedentary behavior.

In addition to sugary drinks and screen time, there are a number of other things that can contribute to the bad things our kids are getting too much of. These include:

- **Fast food:** Fast food is high in calories, fat, and sodium, and it provides little nutritional value.
- **Processed foods:** Processed foods are often high in unhealthy ingredients, such as trans fats, saturated fats, and sodium.
- **Advertising:** Children are exposed to a constant barrage of advertising for unhealthy foods and drinks. This can make it difficult for them to make healthy choices.

It's important to be aware of the things that our kids are getting too much of. By making healthy choices for ourselves and our families, we can help our kids grow up healthy and strong.

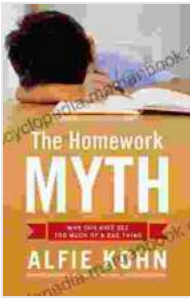
**Here are some tips for reducing the amount of bad things your kids get:**

- Limit sugary drinks. Offer your kids water or milk instead of soda, juice, or sports drinks.
- Encourage physical activity. Make sure your kids get at least 60 minutes of physical activity each day.
- Limit screen time. Set limits on how much time your kids can spend on screens each day.
- Make healthy choices for yourself. If you want your kids to make healthy choices, you need to set a good example.
- Talk to your kids about healthy eating and exercise. Help your kids understand the importance of making healthy choices.

By following these tips, you can help your kids get less of the bad things and more of the good things they need to grow up healthy and strong.

**Additional Resources**

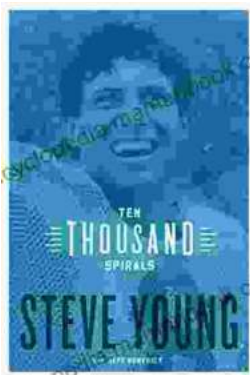
- [Centers for Disease Control and Prevention: Childhood Obesity](#)
- [American Academy of Pediatrics: Screen Time and Children](#)
- [National Institute of Health: Healthy Eating for Kids](#)



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