

## HOUSE EDUCATION COMMITTEE

Monday, April 14, 2008

Strong Support of SCR 84 SD1

Good Afternoon Chair Takumi, Vice Chair Berg, members of the House Education Committee,

I wanted to testify before you today because of my strong support for the issue that is being addressed in this resolution. Over the passed number of years we have seen a serious increase in the amount of young people who have become obese. Additionally research has shown time and again that because of our poor eating habits, elevated blood pressure, high cholesterol, and complications brought on by diabetes are all on the rise.

Research has shown that habits we develop at a young age stay with us for the rest of our lives. I believe eating health and wise should be taught to our children from early on.

This resolution is designed to hopefully provide our children with healthy vegetarian meals as an alternative to some of the high cholesterol, high fat foods are children are currently eating.

The passage of this resolution is an important step in the right direction to have a healthier population as our friends, neighbors and loved ones grow older.