



- **[UK children suffer from lack of sleep](#)**

Posted on March 25, 2012

According to research carried out by the Travelodge, the average time that children go to bed is now 11.20pm. The study revealed that almost all of the kids surveyed didn't have a routine for bedtime and didn't have to go to bed at a certain time. As a result, children are suffering from sleep and health related problems, including snoring, restless legs, behavioural problems and childhood obesity.

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- **[Top food companies to cut the calories](#)**

Posted on March 24, 2012

A number of the largest food companies have made a pledge to reduce calories in their products, in an attempt to support the fight against obesity. Andrew Lansley announced that some of the most well known food outlets and manufacturers have signed the "calorie reduction pledge". The pledge forms part of the responsibility deal launched by the government, tackling areas which include food, alcohol and physical activity.

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[Eating lunch at home reduces obesity risk for children](#)

Filed under: [News](#) — Posted by: Linda on March 27, 2012

Researchers from the University of Granada have discovered that children who eat meals which are prepared and eaten at home, have a reduced risk of childhood obesity. Children who eat meals prepared outside the home are more likely to become overweight or obese. The study has made a connection between the health

of a child and who has responsibility for preparing their lunch.

According to an entry in the *Nutricion hospitalaria* journal, mothers know what the nutritional requirements are of a child, and are able to use that knowledge of nutrition to prepare a healthy diet for their children. Jamie Oliver the celebrity chef, has been campaigning for healthy school meals since 2005. In 2006 national standards were introduced, which all school meals in the UK have had to meet. Each school meal has to provide two portions of fruit and vegetables, with oily fish and good quality meat being featured on the menu on a regular basis. Schools can only serve foods which are deep fried twice a week. However, a number of academy schools are not meeting the national standards as they are not under any obligation to do so. Jamie Oliver expressed his concern of the quality of school dinners in these schools towards the end of 2011.

The researchers studied 718 children from 13 schools, aged nine to 17 years old. The researchers looked at the family, how often the child exercised and the frequency of eating specified foods. The children's size, weight and Body Mass Index were also measured. The study revealed that children who are more likely to spend time on computer games, watching TV or surfing the net are more likely to suffer childhood obesity or be overweight. The study concluded that a child's family was instrumental in passing on healthy eating and exercise habits.

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