

Choose the healthy option.

Yes, that's right. I'm talking to you. It may come as a bit of a surprise but there are millions of young people in the UK who would happily choose a burger over an apple, chips over some veg and even a can of coke over a nice cool glass of orange juice. Ask yourself, are you one of these people? Are you a sucker for Ronald McDonald's charm? Or do you just like the taste? The taste of fat that is. Forgive me, I don't mean to sound rude, but I need to get it through to you. This is a matter of life and death.

Indeed, eating healthily can reduce your chances of suffering from heart related illnesses, diabetes and...the big one. Obesity. It is extraordinary, yet not surprising, that looking fat is possibly one of the biggest factors (quite literally) in people wanting to change to a more healthy diet. If the way you look is so important, why continue to snack on crisps, chocolate and other kinds of sugary treats? Therefore, for the sake of your health, as well as your looks, choose a piece of fruit instead.

Quieten down, I can almost hear you shouting about the price of fruit from here. But come on, is it really THAT expensive? It's definitely not as expensive as the salary of the doctor who'll be looking after you when obesity causes your heart to pack up, or the new wardrobe for when everything starts getting that little bit tighter. In fact, the manager of Yeovil's Tesco Extra informed me they regularly have discounts on a variety of fruit and vegetables in store, making it the cheaper AND healthier option. My advice? Go to Tesco or grow your own!

If you don't choose healthy food for a healthier body or a healthier bank balance then choose it for a healthier mind. It's a scary thought but you could be even more alert in lessons, more active in PE and more with it during detention. Oh yes, even some very naughty students in America have found that by eating healthier school meals it has helped to put them back on track. So there you have it, it has been proved.

As you can see and as you probably knew anyway, healthy eating is very important. Most of all though, it is about ensuring you are a fit and healthy individual amongst the youth of today, as well as being able to set an example for the youth of tomorrow.

Make sure you're not the one letting the side down!