

Training Header Sheet with Change Log Form

Writing – Grade 5
2022 Spring Op

WR05914256189
Should schools stop serving chocolate milk
Training Set

Practice Set 1

Date	Comments	Version
05/2022	Training Set	Set A

Yes, I think that schools should stop serving chocolate milk because the amount of calories in chocolate milk is almost the same as the sugar in a can of coke. In the text it says that if you chose chocolate milk over regular milk every day for a year you will gain 3lbs because all the extra calories in the milk. Chocolate milk also has 60 more calories than regular milk. It also contains twice as much sugar than plain milk. Also plain milk has more protein and vitamin D than chocolate milk.

Schools like Berkeley California and District of Columbia should happen everywhere. I think this because every body that drinks chocolate milk will become fat in the long run. Also 71 percent of the milk served nationwide is flavored that means that kids in schools all around the world are getting fatter. The chart in "A School's Fight Over Chocolate Milk" it proves that less and less people and kids are drinking regular milk and this is a bad thing. I mean do you want your kids to be fat?

Also if you drink chocolate milk your children will not have enough nutrition. About 50 schools in Colorado's Boulder Valley school district no longer serve chocolate milk in the cafeteria that's 30,000 that are not going to have child obesity. They will also have a lot of nutrients. It's also a proven fact that drinking plain milk you will live a very healthy childhood and life all together. There are a lot of children that have child obesity because they drank chocolate milk.

Also it would be better for the school because they would not have to spend a lot of money on chocolate milk. It's also better for the milk companies because the driver would not have to carry in more milk than what he has too. It would also give the cafeteria worker's more space to put things because they would not have chocolate milk taking up a lot of space. Also it would make messes easier to clean up because it would not be as sticky. This way cafeteria workers get their fair share.

These are all the reasons why I think milk should be taken out of all schools. Like stopping child obesity. Also things like making cafeteria workers' jobs easier. Also making dairy making companies' jobs easier as well.

they should not stop serving chocolate milk because people might not like regular milk. like me. i don't like regular milk. they might like chocolate milk so if they take chocolate milk away they would not be happy that is why i think they should keep chocolate milk in school...so on and so on and if they want to gain 3 lbs a year let them do it that's on them not you.

In my opinion, yes, I think chocolate milk, should be banned from all schools. There are many reasons why I think this, based on the following articles. So without further discussion, I will be talking about why we should not have chocolate milk at school.

First of all, chocolate milk should be served as a treat, or dessert. Most schools at the time are serving chocolate milk on a daily basis, which is not good. As it said in the article, chocolate milk has as much sugar as a 12-oz. can of Coke! If children are drinking the sugary drink everyday, they will not be as healthy as they should be. Of course, chocolate milk can be a nice treat every once in a while, but everyday, will add up quickly. That was my first reason on why we should not have chocolate milk at school.

Next, I will be talking about the what will happen if children keep drinking this sugary drink everyday. As I said recently, chocolate milk should not be drunk everyday, so I will talk about what will happen if you do drink it everyday. The first thing that will happen is all the sugar in chocolate milk will start to add up. In the article, it says that once all this adds up, it will become the norm, to drink chocolate milk. This means that you will start to drink it everyday, which is not suitable for your health. That was another reason on why we should not serve chocolate milk at school anymore.

Lastly, I will be talking the pros of low fat, white milk. Although most kids don't like this plain milk, I think we could make it work. Most people think the children will drink the milk, if it's not chocolate. Well, I have a few solutions. One solution could be that we serve white milk to children at a younger age, instead of chocolate milk. This way white milk will be in their diet, and they will be more comfortable with drinking when they get older. Another solution could be that we could serve water along with milk. That way if students do not like the milk, they can have water as well. A final option could be that we could only serve chocolate milk on Fridays. This makes it so students have something to look forward to, with still keeping a healthy diet. Those are some simple solutions of not having chocolate milk.

I do understand that most people enjoy having chocolate milk with their meal everyday, but we must consider the overall situation. As a student, I enjoy having chocolate milk at school as well, but it needs to stop. Which side will you choose?

I think there should not be chocolate milk. My three reasons are. Not healthy, less money, too much sugar.

I think there should not be chocolate milk.

My first reason is it's not healthy. It's not healthy because it's chocolate. And it can make you hyper and it will disrupt your class.

I think there should not be chocolate milk. My second reason is less money. For example if a milk costed 5 dollars then you would pay 5 more dollars. Then it would be 10 dollars. If we had only white milk it would be less money.

I think there should not be chocolate milk. My third reason is too much sugar. For example the text says that chocolate milk has as much sugar as a 12-oz. can of

cola. that means it's like drinking a can of cola.

I think there should not be chocolate milk. My three reasons are. not healthy, less money, too much sugar. That's my three reasons.

Do you like chocolate milk? It's been brought to my attention, many schools have stopped serving chocolate milk. Schools should stop serving chocolate milk because it will make students healthier, it will save time, and help lots of people. Come along with me, as I share more about why schools should stop serving chocolate milk.

First it will make students healthier. It has lots of calcium. For example, calcium will help our students get stronger and healthier bodies. That can help everyone. Also, it can contain way more sugar than white milk. According to my teacher, chocolate milk has about twice as much sugar as white milk. It will make students healthier is the first reason schools should stop serving chocolate milk.

Next, it will save everyone's time. I remember, when I was in line waiting to get my lunch and a kid couldn't choose which flavor milk they wanted. Looking back I realized, that if we had just white milk it won't take so long. Also, it will save the person who orders the milk time. According to our principal, it takes a while to get it ordered and with just white milk it won't take as long. It will save time is the next reason schools should stop serving chocolate milk.

Last it will help lots of people. I remember, reading a text about milk and it said you can gain over 3 pounds a year with an 8 oz. thing of chocolate milk a day. Looking back I realized, taking it away could just help everyone be more fit. Also, it can help all the lunch ladies and janitors have it off easier. For instance, all those people don't have to sort them. It will help lots of people is the last reason schools should stop serving chocolate milk.

Thank you for reading my essay and I hope you agree schools should stop serving chocolate milk. First, it will make our students much healthier. Next, it will save people's time. Best of all, it will help lots of people at our school. I would like to hear our county's decision by the middle of April. If you have any questions at all you can find me in Miss. Gearhart's homeroom.

Some schools have outlawed milk some schools keep milk and think its good for you and i agree with keeping milk because nuber one it tastes good, number two it have a lot of nutrients, and lastly chocalate milk only have **60 more** calories then white milk does that might sound like a lot but it really isn't .

My first reason is it tastes good. I can not drink milk but I used to love it some other kids might be alergic to it too but they can get water or bring it from home. Ann Marie Krautheim says "It meets kids taste prefrences,..." Which mean a lot of kids like it. But there are some kids who dont like milk so like I said they might bring a drink or maybe the lunchroom could let kids get a water for free.

My next reason is it nutritional for example studies have astablished that any milk can help your bones and help you not get cancer. And Ann Marie also says "...and it provides the nutrtnion that they don't get elsewhere."

My last reason is chocalate milk only have **60 more** calories then white milk does. I know this because a National Dairy council video that was on youtube says "Chocalate milk is the most popular milk choice among children and it only has **60 more** calaries than white milk does". that may seem like a lot but its not and kids probably drink more of other drinks too then just milk but it is only 60 more calories.

A lot lot of people think schools should or should not have milk but I think they should have milk because it tastes good, it provides nutrients that other drinks do not provide, and lastly chocalate milk only have 60 more csloreis then white milk which is really not a lot. Do you consider that schools should or should not have chocalate milk for lunch or just in the lunchroom in general?

TS: How would school's experience be if some choices you make daily were restricted? At some schools, chocolate milk is becoming a commonly banned-type of item, however, I disagree with that. Schools should continue serving chocolate milk, over my opinion.

DS: I think schools should serve chocolate milk because the students are the ones who have the choice to get it or not, but restricting it forces only one choice all the time.

FS: Chocolate milk still contains everything that plain milk does, yet it does have the flavoring, made from cane sugar and high-fructose corn syrup and twice as much sugar as low-fat plain milk, which does make it somewhat more on the unhealthy side, but that **does not** mean that it becomes an only unhealthy beverage that should be restricted from schools. It still has the nutrients that plain milk does- like calcium, protein, and vitamin D. Plus, sometimes it can be the only way students will drink it. The text states from **A School Fight Over Chocolate Milk** "But chocolate milk can contain about twice as much sugar as plain low-fat milk. Milk is naturally sweet from lactose; flavored milk also contains cane sugar or high-fructose corn syrup" "Flavoring milk, some school officials and milk processors say, is the only way to get students to drink it. Milk provides a host of nutrients, including calcium, protein and vitamin D.", and states from **U.S. Schools' War Against Chocolate Milk** "Flavored milk really fits two needs" says Ann Marie Krauthiem, senior vice president of nutrition affairs for the National Dairy Council. "It meets kids' taste preferences, and it provides for the nutrition that they don't get elsewhere".

FS: Just because chocolate milk contains more calories and sugar than plain milk does, it does not mean that you will gain weight instantly, it takes a while. Sure, if a student chose chocolate milk rather than regular milk daily, then they'll gain about 3 pounds, but schools restrict it because of this fact, without getting into any other details or solutions. However, for one, chocolate milk really isn't *that* unhealthy that it's existence in schools should be cut out completely, and for two, when students drink chocolate milk, overnight they don't suddenly become obese. Instead, consuming too much sugar will slowly over time add up and soon becomes a normal thing to students, if it is on a daily basis, but if students learn about it early, then it won't be a problem, since they know it is better to have it occasionally than always. Cutting out chocolate milk is one solution, but it won't teach the students anything, instead it restricts them from it. The text states in **U.S. Schools' War Against Chocolate Milk** "If a child chooses chocolate milk every single day for a year, they'll gain about 3 lbs." "Chocolate milk is the most popular milk choice among children, and it only has 60 more calories than white milk does." Only 60 more calories? 'That kind of thing drives me crazy,' says Schwartz. 'People don't become obese overnight. You have too much sugar here and too much sugar there, and it adds up and adds up and sooner or later just becomes the norm.'"

Rebuttal: Sure, if children drink chocolate milk every day in one year, even during school, then they'll gain about three pounds, and it adds up to 36 pounds gained from K-12, so restricting it will be the easiest option, **but** if you teach children about this problem of chocolate milk sooner, when they are young, they can limit themselves so they'll have it here and there, but not all the time, because they'll know how it can affect their life, then they will still have the choice to get chocolate milk. Plus, if you cut out chocolate milk completely from schools, the students learn nothing from this "new thing their school did" and they may come up with unhealthy ideas that may work, like "If I want to drink chocolate milk a lot again, then they can come home and drink chocolate milk daily, or whenever I can," (**kinda over-exaggerating, if you did not notice**) which can build up unhealthy habits, so teaching them about it is the best option.

CS: To conclude my opinion, I really think that schools should continue serving chocolate milk. *Now how would you feel if what you enjoy (that you know how to or that you can learn how to set limits to) was cut out? Would that make you state a long sentence for your opinion, like this? Or, different, how would you feel if you no longer had choices to something again?*

I would say **both**, because it is the school's choice because if the principal or the staff think the milk is unhealthy they don't need to serve the milk. If the staff or the principal think the milk is good and healthy they can serve that milk that they want to serve. It is also the government's choice because if a school says that the milk is unhealthy\healthy they all need to argue so they can get convinced.

I believe schools should keep serving chocolate milk. Drinking it keeps us healthy. Chocolate milk provides nutrients, it tastes good, and drinking chocolate milk may be the only way for some kids to drink milk.

Chocolate milk has many nutrients. It contains calcium, protein, and vitamin D. Kids need these in their bodies everyday to stay healthy. And if they can't have it, they cannot get those nutrients. The text "A School Fight Over Chocolate Milk" states, "There's almost this threat, like 'If you don't drink chocolate milk, then your children will not get the nutrition they need!' says Marlene Schwartz...." Having no nutrients in kids bodies is a big problem for their health.

Chocolate milk isn't only healthy, but tastes good. As a student, I know that every now and again you don't want just plain, boring tasting milk, but something with flavor. Having chocolate milk adds flavor to school lunches. The text "A School Fight Over Chocolate Milk" states, "'Flavored milk really fits two needs,' says Ann Marie Krautheim, senior vice president of nutrition affairs for the National Dairy Council. 'It meets kids' tastes preferences, and it provides the nutrition that they don't get elsewhere.'" Taking away chocolate milk will stick kids with water and white milk. If you prefer milk, you will only have one choice of drink. Taking away chocolate milk will not be for the better.

Chocolate milk may be the only way for some people to get the nutrients they need. If they don't like regular milk, they are stuck with water or juice at school. Water does not have as much nutrients as milk, and juice can cause health issues. Since you need to be healthy, they could be forced to drink white milk. Without chocolate milk, some kids may become unhealthy.

As you can see, chocolate milk needs to stay in schools. Without it, we wouldn't be getting the nutrients we need. Do you think schools should stop serving chocolate milk?

Should school stop serving chocolate milk? i would say no if you disagree i maybe can change your mind. do you wonder why they make the flavor chocolate?

its the only way to get student drinking it. you would like to learn more read on.

first reason why you should serve chocolate milk milk provides a host of nutrients, including calcium, protein and vitamin D. Thats why school official said it is the only way to get students to drink it. chocolate milk meets kids taste preferences, and it provides the nutrition that they dont get any where else.

second reason why you should serve chocolate milk is because chocolate milk brings children joy they would not drink unless its flavored. student like chocolate milk because its flavored and they would not like to drink regular milk student likes sweet and chocolate milk have plenty of suger.

lastley why you should serve chocolate milk is because it could be used for children who get rewarded because it taste like a treat because it haves a lot of sugar .

You should nt banned chocolate milk from districk schools

please understand.

Training Header Sheet with Change Log Form

Writing – Grade 5
2022 Spring Op

WR05914256189
Should schools stop serving chocolate milk
Training Set

Practice Set 2

Date	Comments	Version
05/2022	Initial Training Set	Set A

Healthier isn't always popular. We have been asked to write an essay on whether chocolate milk should be served in school, or if we agree with the group who says no to chocolate milk. Schools should not serve chocolate milk because you will become fat if you drink it, many schools don't have, and regular milk is healthier.

My first reason why schools should not give out chocolate milk because the students will get fat if they drink it. For example, "U.S. Schools' War Against Chocolate Milk" says "One 8-oz. serving of reduced-fat chocolate milk has nearly as many calories and as much sugar as a 12-oz. can of Coke." It has a lot of sugar, that's super unhealthy! Also, some people get really hyper if they have too much sugar. Along with this it's 60 more calories than the normal white milk they have in cafeterias! And if you consistently drink the very unhealthy chocolate milk, you will gain three pounds a year. I don't want to get fat just because of a sugary drink, so don't drink chocolate milk.

Furthermore, schools shouldn't serve chocolate milk because many schools have decided to not serve chocolate milk. For instance, "U.S. Schools War Against Chocolate Milk" says "Take Colorado's Boulder Valley School District, which removed chocolate milk from its lunchrooms this fall..." School districts like Boulder Valley are setting a healthy example by taking chocolate milk off their menu. And districts like Berkeley California are role models by taking chocolate milk off the drink choices. Also, many other schools are thinking of taking chocolate milk off the menu, like Florida schools. Our school should be the role model we are taught to be, and not serve chocolate milk.

Moreover, we shouldn't drink chocolate milk because ordinary milk is better. For instance, the text says "Milk provides a host of nutrients, including calcium, protein and vitamin D." That means normal milk is healthier than chocolate milk. Also, me and my friends were comparing chocolate milk and normal milk, and I was surprised at what I heard. Chocolate milk had twice as much sugar as the regular milk! and white milk had no sodium, while chocolate milk had a ton! After that day I have chosen white milk over chocolate milk. Along with this about 60 percent of the 100 million cartons served every year is chocolate milk. I want you to switch, just like I did. That is yet another reason why schools shouldn't serve chocolate milk.

In conclusion, schools should not serve chocolate milk because you will become fat if you drink it a lot, many schools do not have chocolate milk, and ordinary milk is better to drink. Be healthy, and only have normal milk.

i think that kids should be able to have chocolate milk because...

kids love it and it is still healthy and taking it away is not much help because most kids do not like regular milk so that means they will most likely not drink it at all which is even worse for the child. one of the good reasons i stand on my opinion is because in paragraph 4 Ann Marie Krauthem states "Flavored milk really fits two needs". "it meets kids' taste preferences, and it provides the nutrition that they can't get elsewhere". this reason is a really good reason because it just proves the common sense on why schools should have chocolate milk. another reason is because in paragraph 5 it states that "Flavoring milk, some school officials and milk processors say, is the only way to get students to drink it. milk provides a host of nutrients, including calcium, protein and vitamin D".

these are just 2 really good reasons on why i think that schools should allow students to have chocolate milk and i think that it's really just messed up to say that students should only drink regular milk. because they are just kids and if they are happy and get the health they need i don't see a problem with that and like i said they are just children not adults so yes their health is important but they will eventually be an adult and make their own decisions to be healthy or do their own thing but till then let them have both. and this is why the RIGHT reason is that public schools should allow chocolate milk.

My opinion is that I used to drink chocolate milk because I thought it taste better than normal milk. I was wrong normal milk taste better than chocolate milk and now i only drink normal milk. so the whole us could stop drinking chocolate milk at schools

There are many reasons why schools should or shouldn't serve chocolate milk. In my opinion, I think schools should only sell chocolate milk on certain days.

One reason schools should sell chocolate milk on certain days is so the students can enjoy the taste but not become obese. For example, if schools served chocolate milk every day the students might become obese but if they only served on certain days they have less of a chance of being obese. Another reason is, the students will be healthier. In addition, the students could have the chocolate milk as a treat instead of an every day thing. Therefore, if students kept drinking chocolate milk they will become unhealthy and might get sick. In the text it says " Encouraging students to regularly consume the drink, they say, is contributing to an already worrying childhood obesity crisis." so students could feel insecure about being obese if they keep drinking chocolate milk.

Lastly, students will have good attendance if they are not sick from drinking too much chocolate milk. In fact, students will have good grades because they don't have to keep getting caught up on things. Another reason is, students may gain a lot of weight and become very unhealthy if they drink a lot of chocolate milk. For example, the author states, "People don't become obese overnight. You have too much sugar here and too much sugar there, and it adds up and sooner or later just becomes the norm." so the author is basically saying that students shouldn't drink too much chocolate milk. Last but not least students could have their own special day for chocolate milk. Therefore, the students will enjoy their chocolate milk while staying happy and healthy.

There are many reasons why chocolate milk should or shouldn't be served. Personally, I think chocolate milk should only be served on certain days. To sum it all up, chocolate milk should be served on certain days to prevent obesity and I hope schools will help students live a happy and healthy life.

I think chocolate milk should be band from schools. First because chocolate milk has way to much sugar. One can of fresh chocolate milk has about 8-oz of sugar. Chocolate milk can make kids have heart problems, obesity and last but not least stop the kids **education**. Kids now play video games or stay in the house more often there bones are get tired. Most kids have to much sugar in there little bodys all ready. When they go to school there getting more sugar in there body. If chocolate milk is fine the coke should be allowed to. Yes they might get the vitmins but we have differnt things we can give them with more vitmins. This is why I thing chocolate milk should be band from schools. What do you think about chocolate milk being band from schools?

Do you think schools should stop serving chocolate milk? I think schools should stop serving chocolate milk. Read on to find out my reasons why.

To start, schools should stop serving chocolate milk, because one carton of chocolate milk has as much calories as a can of Coke. This many calories for a young child is not good. White milk has much less calories than chocolate milk. This much calories is even not good for adult. In paragraph two the text states, "One 8-oz. serving of reduced-fat chocolate milk has nearly as many calories and as much sugar as a 12-oz. can of Coke."

Another reason is, there is way too much sugar in chocolate milk. White milk has a way lower sugar status than chocolate milk. Children have too much sugar any way, and they don't need to add to it. Sugar tends to make some kids very wild so, that is why some kids get in trouble for being off task after lunch. In paragraph seven, the text states, "You have too much sugar here and too much sugar there, and it adds up and adds up and sooner or later it just becomes the norm."

The last reason is, white milk provides nutrients, protein, and etc. Chocolate milk does not provide nutrients, nor protein. Students need the nutrients and protein in white milk. All of these ingredients is important for young children to have. In paragraph five the text states, "Milk provides a host of nutrients, protein, including calcium, and vitamin D."

Schools should get rid of chocolate milk. Students will be much more healthy if they drink white milk and not chocolate milk. If I were you, I would stick to the much more healthy one.

It has recently come to my attention should schools stop serving chocolate milk. In my opinion I believe that they should because it says in paragraph 2 One 8-oz. serving milk reduces-fat chocolate milk it has nearly as many calories and as much sugar as a 12-oz. can of coke. In paragraph 6 it says if a child chooses chocolate milk instead of regular milk every single day for a year, they'll gain about 3 lbs. because of the extra sugar and calories.

Over the course of a k-12 education, that can add add up; Colorado's Boulder Valley school District, which removed chocolate milk from its lunch rooms from their lunch rooms this fall at the recommendation of Ann, and Cooper the new director of nutrition services. That's about 30,000 students in 50 schools that are now longer stocking chocolate milk. finally I hope could change your mind about drinking chocolate milk .

You can have chocolate milk just not every day. there for that is why I think chocolate milk should not be aloud in schools this could happen if everyone tries to convince either the lunchroom people or your principal.

Yes the reason why is because people and kids are losing thier appetites for healthy things. and they are fighting over it encouraging students to regulalry consume the drink they say is contributing to an already worrying childhood obesity crisis. they should make milk healthy and not take it away from cows. thats one of the problems is baby cow milk you cant drink a baby cow milk thats why we have almond milk with our cereal its healthier the reason why is because we not supose to drink it because thats baby cow milk. and thats not our buisness and now baby cows cant drink it and survive they should make chocolate milk more healthier for the kids.

Do you like chocolate milk? All that chocolaty goodness swarming around in your mouth. Well I love chocolate milk, and we should never take it out of schools. In this reading, I'm going to talk about the pros and cons of having chocolate milk in school. To start of, kids love it! And you don't want to take the best part of lunch away do you?

Ok, so let's get down to business. So, I've heard that Berkeley, Calif., and Boulder, Colo have removed chocolate milk from there schools, and are just serving white milk. Well do they really want to crush a poor child's spirit? Not just one kid, a lot more than one. For kids, having chocolate milk at lunch, is like a dream come true. Ann Marie Krautheim states, "Flavored milk really fits 2 needs, it meets kids' taste preferences, and it provides the nutrition that they don't get elsewhere." I think that Krautheim puts it perfectly. (After all she is the senior vice president of nutrition affairs for the National Dairy Council.)

Moving right along ... now in Colorado's Boulder Valley School District, chocolate milk is now removed, all because of Ann Cooper, the new director of nutrition services. That's almost 30,000 students in 50 schools with no chocolate milk. Can you believe that?! Cooper believes that schools should be serving fresh ingredients, more fruits and more vegetables, less sugary snacks. "I'm all for parents having chocolate milk with their kids at home once in a while, or on Sunday morning with waffles, but it doesn't have any place in schools on a daily basis." she says. Well you know what I think, she's not letting a kid be a kid, kids' have to have fun sometimes. Right? Right!

Since we're getting closer to the end now, I'm going to see what some other people think. A National Dairy Council on YouTube points out that, "Chococolate milk is the most popular milk choice among children, and it only has 60 more calories than white milk does." Only 60 more. If kids drink white milk every other day, and chocolate milk the other days, then that won't be too bad for the kids health. The kid can watch what they eat, drink chocolate milk every other day, and then have fun and go crazy on the weekends. Even though Schwartz says, "That sort of thing drives me crazy, people don't become obese overnight. You have too much sugar here and too much sugar there, and it adds up and sooner or later just becomes the norm." Even though Schwartz says that it all adds up, and it does, but that doesn't mean that a kid can't have a fun taste bud. I mean yes, it's always good to eat healthy, but that doesn't mean you have to every-single-day. You can have some fun once in awhile.

In conclusion, I believe that having chocolate milk in schools is beneficial because kids, and teachers can have a chocolaty treat, some fun at school once in awhile, and it will teach kids to balance their eating habits, half of the time healthy, half of the time go a little crazy.

it has recently come to my attention that schools around the world has not let the students have chocolate milk because of the calories. In my opinion that is a great idea Firstly, there is white milk. Secondly, you could drink the healthy water. First of all white milk has less calories it dont hurt you.

Also, water is the healthiest drink in the world it has no calories you can drink all you want and you could even lose weight. As you can see, white milk and water are not as bad as chocolate milk these drinks are healthier than the chocolate milk because of the calories

to sum up my thoughts, we can see that chocolate milk has a lot of calories these are how they have more calories chocolate milk has 60 more calories than white milk there for white milk is healthier. water has no calories so chocolate milk has a lot more calories than water.