

## Training Header Sheet with Change Log Form

Writing – Grade 5  
2022 Spring Op

WR05914256189  
Should schools stop serving chocolate milk  
Training Set

Qualification Set 1

Date	Comments	Version
05/2022	Training Set	Set A

I think schools should stop serving chocolate milk. Here are my three reasons why, reason one expired, reason two unhealthy, and reason three whight.

Reason one expired. The milk could be expired, because some kids don't know how to read. It could make them throw up. That causes them to be sick. It could also be nasty, and make them never drink school milk.

Reason two unhealthy. Chocolate milk has extra sugar and calories. Parents wouldn't want their child to eat or drink unhealthy things almost everyday. Almost every parent thinks that there should be more healthy food than sugary snacks. Chocolate milk has 60 more calories than white milk.

Reason three whight. 71% of milk is flavored. If a child drinks chocolate milk everyday for a year they will gain about 3 lbs (pounds). Parents think their children should drink more white milk than chocolate milk. Chocolate milk can contain twice as much sugar than plain milk.

My three reasons was expired, unhealthy, and whight. That is my opinion about if school should stop serving chocolate milk. What you could do is let your kids take vitamins or give them water.

Do you love the taste of chocolate milk? I know I do, but would you like it if your school only served white milk? I wouldn't enjoy it if you say yes to get rid of chocolate milk read on I can change your mind.

The first reason we shouldn't only have chocolate milk is because not everyone likes white milk. Students might only get water or juice while you lay out white milk that will eventually go to waste! Or some kids may only like the serving of chocolate milk so even they might not drink anything.

Another reason we shouldn't get rid of chocolate milk is because not every student wants a plain classic white milk or juice they prefer something sugary. They might even start bringing their own drinks so when they put out drinks it will be pointless. Oh, your not convinced yet? Well I have more information for you, students have had chocolate milk for years they probally will not accept the changes that could come upon chocolate milk. Would you like it if your childhood drink was suddenly snatced/gone?

Another reason we shouldn't get rid of chocolate milk is because students become attached to it after having chocolate milk for years. After being attached to it students don't want to let go of their childhood drink! Students may fight with people that we shouldn't get rid of chocolate milk this could break out in to major protest! Now lets think some kids don't have money for icecream or anything well chocolate milk is like a sweet treat to them would we really wanna stop that? I wouldn't want to stop that how a bout you?

Another reason we shouldn't get rid of chocolate milk is because students like having a sweet drink to sip on at lunch. Sometimes white milk can't give the students enough flavor that they were wanting. Or some kids may just prefer chocolate milk over white milk, water and juice they would probally be mad if the drink they loved had to go. Even the passage says "Flavored milk really fits two needs." This shows that chocolate milk is a good serving for people with a sweet tooth and that want a nice drink!

The last reason we shouldn't get rid of chocolate milk is because students probally drink chocolate milk on a daily basis but if they found out their favorite drink was gone what would they do now? Lets say you were a student the LOVED chocolate milk but one day. you ask "wheres the chocolate milk?" and the lady says "sorry love, we don't have it anymore." what would you do how would you react? you would be sad/mad that your favorite drink was gone! This would mean that your favorite drink would probally never come back what would you drink water, white milk, juice? Or in other words would you want to non-stop have white milk, juice, water I wouldn't.

these are all the reasons we shouldn't get rid of chocolate milk.

I thnck school shod not dand choklt milk be cus some kibs bon't like wite milk and win kids drik it it waks themup that wiy I thnch that school not band choklt milk.

I do not think schools should stop serving chocolate milk because that is the only thing at school that I like to drink. Chocolate milk taste good and I drink it at home too. I don't like many other drinks, only chocolate milk, sweet tea and water. I drink it at least once a day.

I don't think it's the schools place to decide on their own what I can drink. Parents and schools should talk about and decide what's best for kids. I did try regular milk at school, but it had an expired expiration date and didn't taste good. I haven't tried it anymore.

Schools serve other stuff with lots of sugar, like poptarts and donuts for breakfast. Why is that lady, Ann Cooper against chocolate milk? Ann Krautheim says that milk has some nutrition even though it has calories, so I fill better drinking chocolate instead of a coke. I don't think coke has any nutrition in it and it has lots of calories, caffeine and lots of sugar. I'd rather drink chocolate drink at school and at home.

I am 11 years old and have been drinking chocolate since I was 5 years old. That,s 6 years that I have been drinking it at least once a day and I am not fat or overweight. I weigh 70 lbs and am 5 foot, 10 inches tall. If I have been drinking chocolate milk for 6 years, then according to Ann Cooper I would have 18 lbs of fat on me from all those calories, but I am skinny.

I hope my school keeps chocolate milk, because I like it and I feel good when I drink it. Milk helps your bones and makes you stronger. It also has nutrients that makes my whole body feel healthy.

1. Most schools have chocolate milk. Chocolate milk has more sugar and calories than regular milk. If a child drinks chocolate milk everyday for a year they gain about 3 lbs. Chocolate milk shouldn't be served in schools. Obviously, chocolate milk is bad for you, and shouldn't be in schools.
2. Chocolate milk is unhealthy for children. "If a child chooses chocolate milk instead of regular milk every single day for a year, she says, they'll gain about 3 lbs." There is more sugar and calories in chocolate milk than in regular milk. "Chocolate milk is the most popular milk choice among children, and it only has 60 more calories than white milk does." Chocolate milk in schools is contributing to a childhood obesity crisis. "Encouraging students to regularly consume the drink, they say, is contributing to an already worrying childhood obesity crisis."
3. As you can see chocolate milk shouldn't be in schools. A child can gain about 3 lbs a year if they drink chocolate milk everyday. There is more calories in chocolate milk than in regular milk. Chocolate milk in schools is contributing to a childhood obesity crisis.

Do you drink chocolate milk? Chocolate milk is the wonderful flavored milk. But did you know that its super bad for you? Its good but bad at the same time. I think we should not have chocolate milk because of how its so unheathy for you and the enviorment.

One reason why i think we shouldn't have chocolate milk is becauseof how much sugar is in these things. The milk has double the sugar white milk has. some evidence is "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."some more evidence is "But chocolate milk can contain about twice as much sugar as plain low-fat milk." See im not the only one that says that chocolate milk has way to many sugars in it.

Another reason I think we shoulnd't have chocolate milk is because you can gain lots of weight if they drink chocolate milk ever single day. By drinking chocolate milk every day you will gain weight. In fact the artical states that "If a child chooses chocolate milk instead of regular milk every single day for a year, she says, they'll gain about 3 lbs. because of the extra sugar and calories."Over the course of a

K-12 education, that can add up," says Cooper. " With all there years of school if they pick it every day they will gain a total of 36 extra pounds.

My final reason why we should not have chcolate milk at school is because of how much wasted milk cartons there is from chocolate milk. Its so bad and most people are drinking it. The milk cartons could be used to hold good liquid not liquids that are gonna hurt us. The artical states that "In New York City, school food officials say that fat-free chocolate milk fills nearly 60 percent of the 100 million cartons seved each year. The rest is one-percent plain." And thats just in New York City imagine how much in the hole world. Now thats alot!

This is why I think that we should not have chocolate milk its because...

1. *Too much sugar*
2. *Gain too much weigt*
3. *Wasted milk cartons*

This is so unhealthy we should not put this in our bodies. And for kids to be eating all that sugar. And gaining too much weight. Also,all this wasted milk cartons. Its unthinkable that we are putting this in our bodies. And time to stop these unhealthy habbits. Who's in!?!

I think that schools should keep serving chocolate milk because alot of kids drink chocolate milk. It's better than white milk in paragraph seven it said " Chocolate milk is the most popular milk choice among children". In paragraph four it said "flavored milk really fits two needs it meets kids taste preferences and it provides the nutrition that they don't get elsewhere". So thats why i think schools should keep serving chocolate milk to students.



Did you know that something that our cafeteria offers every single day has just as many calories and just as many sugar that Coke! Can you guess what that something is? It's what we all love mixed with a healthy liquid. It's chocolate milk! There are many more reasons why I think chocolate milk should be banned in school. If people drink chocolate milk they will become overweight or even obese, it has twice as much sugar as plain low-fat milk, and an 8 oz serving of this has nearly as much sugar and as much calories as Coke 1 1/3 its size!

First of all, if people drink it, they will become overweight or even obese. According to "U.S. Schools' War Against Chocolate Milk", "If a child chooses chocolate milk instead of regular milk every single day for a year, she says, they will gain about 3 lbs." If you do this everyday for your K-12 education, you would gain 36 lbs! As I said, this could lead to becoming overweight, or even obese. Theoretically, let's say you were 115 lbs in 9th grade. Then if you had drank chocolate milk for the past 9 years, you would be 142 lbs! As I said, this could lead to more overweight, or even obese children.

Secondly, it has twice as much sugar as plain low-fat milk. I know this because according to "A School Fight Over Chocolate Milk" it says, "But chocolate milk can contain nearly twice as much as plain low-fat milk." "Flavoring milk, some school officials and milk processors say, is the only way to get students to drink it." But if that's the case, why have many schools banned it but people still drink milk there? For example, Berkeley, Calif and Boulder, Colorado school districts both removed chocolate milk from their list of daily offerings. They instead have opted for low-fat organic white milk instead and kids there are still drinking it. Schools in Florida have also considered the idea.

Lastly, it contains nearly as much sugar and calories as a Coke can 1 1/3 its size!

Would you rather drink a Coke 1 1/3 your average chocolate milk serving size, or get your average chocolate milk? Well, if you thought chocolate milk was healthier, it's not! Despite the size differences, they nearly have the same nutritional values. Just imagine getting Coke every single day with your lunch. That's basically what's happening, but switching the coke out with chocolate milk.

This concludes why I think that chocolate milk should not be served and should be banned in schools. If people drink chocolate milk they will become overweight or even obese, it has twice as much sugar as plain low-fat milk, and an 8 oz serving of this has nearly as much sugar and as much calories as Coke 1 1/3 its size! What do you think now?

What could go wrong with a drink that children love? Recently there's been a debate on if school lunchrooms should take chocolate milk off their menu. I say the schools throughout the country should definitely take chocolate milk straight off the menu! You might wonder why, well...

The first reason schools need to take chocolate milk off their menu is because the nutrition. According to "U.S. Schools' War Against Chocolate Milk" there is as much sugar in a 8-oz chocolate milk as there is in a 12-oz can of coke. "In New York, food specialists say fat-free chocolate milk fills nearly 60% of the 100 million cartons served each year." says "A School Fight Over Chocolate Milk". Encouraging kids to drink chocolate milk is worrying to childhood obesity crisis.

The second reason we should stop school lunchrooms from serving chocolate milk is because there are already many schools who have took chocolate milk off their school menu. Take Boulder Valley School District in Colorado, which took chocolate milk from its menu this fall after Ann Cooper recommended it being off the lists of food options. That's like 30,000 kids in 50 schools that are no longer sucking down chocolate milk. We need to think more like Ann Cooper and get rid of chocolate milk in our state.

Those are two good reasons we should stop chocolate milk from harming our bodies. Let's try and stop this mess because stopping chocolate milk is for best! Try and see how you can stop chocolate milk and other sugary drinks from harming you!

I think kids should have chocolate milk to drink so they can enjoy their milk. There are low fat chocolate milks that students can drink.

When I read "A school fight over Chocolate milk" I think chocolate milk should be banned because it has too much sugar in it. I believe chocolate milk should be banned after reading this article.

## Training Header Sheet with Change Log Form

Writing – Grade 5  
2022 Spring Op

WR05914256189  
Should schools stop serving chocolate milk  
Training Set

Qualification Set 2

Date	Comments	Version
06/2021	Training Set	Set A

I think we should definitely keep chocolate milk. For one it taste good, it brings joy, and a lot of people drink it. If it got taken away then all of these reasons will be taken away from schools.

First, it taste good. Cafeteria workers make a lot of money on chocolate milk because it taste so good. If it didn't taste so good they wouldn't make that much money. Whoever makes the chocolate milk does a good job.

Next, it brings joy. If people stopped drinking chocolate milk then there would probably be less joy in schools. No one wants sad kids. I drink chocolate milk and I'm really happy all the time.

Last, a lot of people drink it. Almost everyone I know drinks chocolate milk. If a lot of people didn't drink it then no one would really drink anything. No one wants dehydrated kids.

This is why I think we should keep chocolate milk. It taste good, it brings joy, and a lot of people like chocolate milk.

Do you think schools should stop severing chocolate milk? I think they should not stop serving it because lots of kids don't like regular milk, you still get the same nutrients, and kids may not get the nutrients they need to live.

To begin with, lots of kids don't like regular milk. To me white milk just doesn't taste very good at all it's very plain and has little flavor but chocolate milk is a different chose that I love and has plenty of flavor. In the text *U.S. Shools' War Against Chocolate Milk* says "It meets kids' taste preferences, and it provides the nutrition that they don't get elsewhere." As you can see chocolate milk is something that kids love.

*Second of all*, You still get the same nutrients as regular milk. Some people say chocolate milk is bad for kids but it has the same nutrients and a little bit of sugar and it's way less than a sports drink. In the text *A School Fight Over Chocolate Milk* says "Flavoring milk, some school officials and milk processors say, it is the only way to get students to drink it. Milk provides a host of nutrients, including calcium, protein and vitamin D." This proves that you still get the same nutrients in a more flavorful drink.

Kids may not get the nutrients they need to live because they don't like regular milk. I don't drink white milk very often because it's very boring and has a little bit of flavor and I don't get a lot of the nutrients I need to live but chocolate milk has a lot of flavor and tastes very good so I can get all of the nutrients I need. In the text *U.S. Schools' War Against Chocolate Milk* says "If you don't drink chocolate milk, then your children will not get the nutrition they need. This shows that kids only get their nutrients from chocolate milk.

As you can see, schools should not stop severing chocolate milk because lots of kids don't like regular milk. You still get the same nutrients as regular milk, and kids may not get the nutrients they need.

I think schools should not get rid of chocolate milk. Chocolate milk has been original and popularized in schools now for a very long time. I think if isn't broken don't fix it. Not to even include how students wouldn't stay quite about their cafeteria.

Tell me the last time you haven't seen chocolate milk in a cafeteria. Chocolate milk has been in school cafeterias for a very long time. When you think of a school cafeteria you instantly think of deafening children, repulsive food, and Chocolate milk! Without it, our cafeterias wouldn't be the same. Once you get used to something for so long and it gets taken away or changed, people get mad. For example, say you always go to one shopping store and you like it a lot. But then it gets put out of business and Walmart takes it. It's the exact same thing as chocolate milk being taken away.

If it isn't broken, don't try to fix it or change it. Our schools and cafeterias have far worse problems than no one even mentions. A school that I know, used to have mold on the walls and ceilings and children were getting horribly sick. But when they couldn't come to school, they had to go to court because they had missed so many days! The problem was only fixed a few years ago too. Also, not to even mention the disgusting ceiling tiles we have in our schools that are stained with water and have been there for years. The board of education has far more worse problems than getting rid of chocolate milk.

People in general will argue and protest if something isn't going so well. Children are even worse because most of the time, they won't stop until there is a compromise. The American revolution is a great example of this. The tyrannical king of England kept making harsh and intolerable acts to punish the colonists for just trying to become a new country. Students are pretty creative. They will find some way to protest, mess with the teachers, or even cause chaos on school campuses.

Some people might say that "Chocolate milk can cause you to gain 3 LBS if you drink chocolate milk everyday." Children are active little bugs that can't stand still for a minute. Do you think they just sit around all day? Walking from one side to the other of a playground is hard enough because students are flying past you at the speed of light like cicadas. 3 Lbs isn't just going to build up over a year. It might if children have no physical activity, but being on a playground is already tempting enough to make you want to run around with your friends and play on the playground equipment.

Strawberry milk is even worse, and we can all admit, it needs to be eradicated in schools. Strawberry milk is even higher in sugar and has even less nutrients in it. If the Board of Education is to get rid of some things, strawberry milk needs to go first before the chocolate milk.

Chocolate milk really should be taken out of school cafeterias. There are plenty of other problems with the schools, chocolate milk isn't causing any problems, and students won't stay quiet about their chocolate milk getting taken away. This is why I think chocolate milk shouldn't be taken out of schools.

People need white milk and chocolate milk because they can be hungry or thirsty. And food. People need more food. Sometimes in class people can be thirsty and really hungry. White milk is better because it healthy for people. But chocolate milk is very sugary. People need to eat because their stomachs can hurt. You have to eat healthy food. Healthy makes you skinny. If you eat junk food and stuff you get so fat. You have to drink water. like orange juice, like rice with water. Cook something healthy.



My opinoin is that schools should stop serving chocolate milk. Because it is not good for you. Also it has to much suger and has 60 more calories than white milk. It could also make kids fat if they eat to much surgar or could even make kids sick. If there is a kids that plays sports like soccer, basketball, cross country, baseball, or other sports and they drink chocolate milk they might get fat and then not be heathly. chocolate milk is the most famous milk chocie among children. I hoped you liked my opinion. do you like chocolate milk??

*Does your child drink chocolate milk at school? Well if your child does then that is awesome! Some schools are thinking to take chocolate milk out of schools. I think chocolate milk should stay at our school!*

*I think chocolate milk should stay at our school because chocolate milk is nutritious and it has vitamins. Chocolate milk has vitamin A and vitamin D. Vitamin A and D are good for kids and they both are inside chocolate milk! Chocolate milk also has nutrition. Kids need nutrition which is inside chocolate milk. Nutrition and vitamins are both good for kids. Chocolate milk is a good choice for kids health!*

*Chocolate milk is a good choice at our school and it should stay because kids like it. As you can see kids like mainly everything with sugar in it. Well chocolate milk has some sugar in it but it also has protein and vitamins. Most kids like chocolate milk. Since kids like chocolate milk then that means that most kids probably will choose to drink chocolate milk over white milk which is a good thing! If we were not allowed to have chocolate milk at our school then some kids might not drink any milk at all.*

*You probably know already but if you don't then I will tell you, chocolate milk does have more sugar than white milk. But chocolate milk tastes good and it does have vitamins and nutrition in it. Chocolate milk also has 60 more calories than white milk does. But again if you think about it 60 calories isn't a lot more calories than white milk has in it. 60 calories may look like a lot but it really isn't, isn't that crazy? Chocolate milk is good for kids health, don't you care about that?*

*Chocolate milk should stay at our school it is nutritious, it has vitamins and kids love it. Chocolate milk deserves to stay at our school. Don't you think so?*

Schools are getting rid of chocolate milk, and that's a problem. Yes, the delicious, savory brown drink that kids love. Why are they getting rid of it? They are getting rid of it, because they believe kids are getting obese and it's too unhealthy. But really, chocolate milk shouldn't be banned from schools.

First off, people can argue that kids are getting obese because of chocolate. That really isn't chocolate milk's fault though, is it? If a parent feels like their child is gaining weight by drinking too much chocolate milk, then that is the parent's responsibility to step in and tell their own child to stop drinking so much chocolate milk. They could limit their kids to only drinking chocolate milk a couple times a week. Schools shouldn't get rid of chocolate milk altogether, because it's not chocolate milk's fault. So if you or your parents feel like you're gaining weight, limit yourself to only a couple chocolate milk cartons a week.

Moving right along, if schools get rid of chocolate milk and only serve plain milk, tons of plain milk will be wasted. According to "A School Fight Over Chocolate Milk", "71 percent of milk served nationwide is flavored." Which means, kids drink a lot more chocolate milk than plain milk. So if schools only served plain milk, a lot of it would be thrown out into the school garbage can by kids. Since kids would be throwing away a bunch of plain milk, that would just be wasting money. Think of it as a food chain. If something went wrong with the top of the food chain, then the rest would be messed up. Just like getting rid of chocolate milk. Schools getting rid of chocolate milk, leads to only plain milk being served. Then, that leads to kids throwing away a lot of plain milk and wasting it. Finally, that leads to schools wasting a bunch of money that they spend on plain milk since most of the students would not be drinking it and throwing it away. See what I mean? That is why schools should not get rid of chocolate milk, because at least when they buy chocolate milk it isn't wasting money because kids drink it.

Lastly, chocolate milk has a lot of nutrients that kids need. Ann Marie Krautheim had said, "Flavored milk really fits two needs. It meets kids' taste preferences, and it provides the nutrition that they do not get elsewhere" That is exactly why schools need to keep chocolate milk. Just because it may have a little more sugar than plain milk, doesn't mean it's not getting the same nutrition! Chocolate milk provides calcium, protein, and vitamin D. Plus, not only are students getting nutrients, but they're enjoying it! Flavoring milk may be the only way, (and the tastiest way) for students to drink milk and get their nutrients.

According to "A School Fight Over Chocolate Milk", "When students went back to school Monday in the District of Columbia, they were served low-fat white milk. Berkeley, Calif., schools banned chocolate milk, and Florida school officials are considering it." They had made a huge mistake. They just took away students getting the nutrients that they need. Students and parents might not have been happy about it either. Some parents probably want their kids to drink chocolate milk, so they can get nutrients. Students are probably angry because they love chocolate milk, and didn't want to get rid of it. That is why schools need to continue serving chocolate milk, so they can get the nutrients that they need.

To sum it up, schools need to stop banning and getting rid of chocolate milk. It's not chocolate milk's fault, they're wasting money, and students are not getting the nutrients that they need. So that is why, schools chocolate milk shouldn't be banned from schools.

I think cholet milk should not stay in schools because its not as healthy as white milk cholet milk has sixty more calerys than white milk

Hey! Did you hear that schools are trying to get rid of chocolate milk? Well I agree, in my opinion schools should not give kids chocolate milk to students at lunch. Milk is a liquid that cows produce. Milk can also come from almonds and coconut. It's fine, sweet, and delicious. Plus, at the store you can buy straws that you put in milk to change the flavor. Three reasons schools should not give students chocolate milk to students at lunch is that it will raise childhood obesity, has way too much sugar, and that we should have white milk instead.

My first reason that schools should not give chocolate milk to students at lunch is that it raises childhood obesity. In the article it 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." That's a lot of fat! Chocolate milk has 60, I mean 60 more calories than white milk! I don't even want to think about comparing it to very healthy water.

My second reason schools do not need to give chocolate milk to students is that it has way too much sugar. Schwartz says that "You have too much sugar here and too much sugar there and it adds up and adds up and sooner or later it becomes a bad habit." In my opinion a bad habit is harder to break than a good habit.

My final reason schools should not have chocolate milk is that we should have white milk instead of chocolate milk. In studies Ann Marie Krauthelm says "White milk meets kids taste preferences, and it provides the nutrition that they need." In other words kids like the taste and it has good nutrition.

Now that you have seen my reasons do you think we should still have chocolate milk. I hope you agree with my reasons that it will raise childhood obesity, has way too much sugar, and that we should have white milk instead. Save the millions of kids at schools drinking chocolate milk and help to protest.

Do you want to know why chocolate milk is a bad thing to have in schools? Well i'll tell you. Some topic are banne chocolate milk, brown milk disater, and war aginst chocolate milk.

schools should banne chocolate milk. One reason is because it contains alot of sugar and reduced fat. For instance it has about as much reduced fat and sugar as a 12oz cane of coke does. Another reason is kids like to drink the chocolate milk almost every day. For example this could cause a childhood obesity crisis. chocolate milk should be banned for good.

Brown milk will cause a disister in schools. One reason is people are already takeing the brown milk out of schools. To prove this point, over 50 schools no longer serve brown milk. Another reason is you sshould not use brown milk in the first place. For instance, schools use the low-fat white milk insteade. Brown milk will cause major destruction in schools.

some people want to make war with the brown milk. One reason for that is it has a lot of sugar than other milks. For example it has 2 times the sugar than low-fat white milk. Another reason is it contains high-fructose corn syrup. To prove thos point this makes it unwelcome in schooles. Chocolate milk is veary un welcome in schools.

In colusion these are the topic on why chocolate milk should not be in schools. Banne chocolate milk, brown milk disater, and war aginst brown milk. I hope yoy take my suggestion in to consideration and take brown milk from school cafaterias.