

# Soda To Be Absent from Schools



Soon something will be “absent” from cafeterias and vending machines in most schools. New rules will put an end to the sale of sugary sodas.

This month, the three largest soda makers agreed to stop selling sugary soda in schools. The only drinks that will be sold in elementary and middle schools will be water, low-fat milk, and juices that do not have sugar added. High school students will be able to buy diet soda and some other drinks. Soda companies want to make the changes in most schools by the start of the 2008 school year.

In the United States, statistics show that one out of every three children is overweight. Health experts say the problem is that many young people are eating more calories than they are burning. Kids drink a lot of soda, and most cans of soda contain about 150 calories. Drinking less sugary soda may help lower the number of kids who are overweight.

## NEWS WORD BOX

absent    vending machine  
sugary    statistics    calories

There is nothing healthful in soda, the experts added.

Former president Bill Clinton helped work out the new agreement. "This is a bold step forward in the struggle to help 35 million young people lead healthier lives," he said.

## **MORE FACTS ABOUT SCHOOL SODA SALES**

- Many schools already have stopped selling soda.
- In 2005, more than 45 percent of the drinks sold in schools were soda.
- According to U.S. government statistics, 17 percent of children are “obese.”

## THINK ABOUT THE NEWS

Do you think this new agreement is a good one? Why or why not?