

Teens and Holiday Eating

By Savannah G



Who doesn't love the winter holidays? It's the time for school to be out, for cold weather and hot chocolate, and for eating lots of sweet goodies. Over the holidays lots of my friends and I have a diet of chocolate, candy canes, and large holiday dinners, but we don't exercise.

Many teenagers love to indulge in the holiday treats just as much as I, especially when visiting family for a large Christmas dinner. I certainly have had my share of food this winter break. My mother makes the best fudge I have ever tasted, and one of my friends gave me a giant tin of homemade chocolates. Some of my friends even gave chocolate for presents before we got out of school. After all what are the holidays for but eggnog and dinner ham and gingerbread men. Even my friends who don't celebrate holidays take advantage of the sweet goodies. However, after all of our chocolate indulging, almost none of us have exercised.

By the time the New Year rolls around teens realize that school is right around the corner. An extremely large portion of people make a new year's resolution to lose weight or to exercise, and many are teens. One of my friends has made a resolution to give up soft drinks and to work out while another friend goes swimming almost every afternoon for exercise. My family has also followed the trend. Just a few days ago, my mother and father bought an exercise bike, and I have started going back to fencing after the Christmas break. So, after all the holiday eating and relaxation, teens, like everyone else, are forced to go back to the real world.