

Schools should keep serving chocolate milk. There should be chocolate milk because kids like it, it gives vitamins, and it gets kids in good habits. Many kids love chocolate milk -- it makes them happy to see it in the cafeteria, their lunch box, at their kitchen table. Research shows that, overall, chocolate milk is pretty good for kids.

It's especially important that kids like chocolate milk. It turns out that more kids drink milk, when they can get chocolate milk. When you interview a lot of parents, like Katie Couric did, they'll say that their kids only drink milk if they can get chocolate milk. So at least they're drinking milk. In a survey of students in this school, 84% said that they would drink more milk if they had chocolate milk available. Of those same students, 28% said that they wouldn't drink any milk at all unless it were chocolate.

Surprisingly, chocolate milk turns out to have vitamins. A nutritionist from the Dairy Association, demonstrates that chocolate milk is a good source of vitamin A, D, E, and calcium. That's a lot of vitamins and they're in something kids actually like to drink! In her information session, the nutritionist is with kids who drink chocolate milk. Their bright teeth and glossy hair illustrates that kids who love chocolate milk will be that healthy.

There's one more reason why chocolate milk should be served in schools. The famous nutritionist argued that chocolate milk has a lot less sugar and carbohydrates than soda and power drinks like Gatorade. So if kids get in the habit of drinking milk in school, then they'll probably skip the sodas outside of school. The chocolate milk that is served in our school, for instance, is low fat. So it is a lot better for kids than soda. It's true that Jamie Oliver, a chef and enemy of chocolate milk, argued that chocolate milk does have added sugar. Jamie is a famous English chef who is involved with lunch for kids in schools in Los Angeles. In a shocking video, Jamie shows a school bus filled with sugar to show how much sugar school kids get from chocolate milk. But there are a lot of schoolkids in the US, and if you divide that busload up between all the kids, it will not be such a shocking amount. And if you put next to it a bus filled with the vitamins A, D, E and calcium that kids get, the picture might seem very different.

That's why we should keep serving chocolate milk at school -- it gets kids to drink milk, it gives them vitamins, and it builds good habits. Personal, insider experience supports this claim. As a fifth grader, this investigator was part of an experiment to ban chocolate milk in his cafeteria. Fifth graders, though, are allowed to go out for lunch. With no chocolate milk, this luncheon-seeker started going out for pizza and coke. Gone were all the vitamins and calcium. Jamie Oliver doesn't necessarily know what happens inside schools. When something is taken away at lunch that is even a little good for you, it's not always replaced by something better, or anything at all.

In fact, the vitamins from chocolate milk may possibly be the only ones some kids get in school lunch. So keep chocolate milk, kids' main source of vitamins, good habits, and happiness.