## Choosing Sides: Eating candy

<table>
<thead>
<tr>
<th><strong>FROM</strong></th>
<th><strong>Kids</strong></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>When I eat candy, it makes me happy, and then I act nicer to my family.</td>
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<tr>
<td></td>
<td>Candy is a special treat for kids who have been good.</td>
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</tbody>
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<tr>
<th><strong>FROM</strong></th>
<th><strong>Parents</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The amount of candy given to children should be limited. It should only be offered <em>after</em> a meal.</td>
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<td></td>
<td>Children shouldn’t eat too much candy because it causes them to get too hyper.</td>
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<tr>
<th><strong>FROM</strong></th>
<th><strong>Dentists</strong></th>
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<tr>
<td></td>
<td>Children who eat too much candy end up with too many cavities.</td>
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<td></td>
<td>Eating candy before a meal can cause children not to eat the healthy foods they need.</td>
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<td></td>
<td>Often children who eat too much candy don’t have a taste for good foods like fruit and vegetables.</td>
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<th><strong>FROM</strong></th>
<th><strong>Candy</strong></th>
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<tr>
<td></td>
<td>I’m a special treat for people. I encourage them and offer them a way to celebrate after an accomplishment.</td>
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<tr>
<td></td>
<td>I can be a great motivator for children to do their chores and homework.</td>
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