

As we enter the 21st century with new technologies promising to improve our lives, the welfare and health of many people particularly children are still unsatisfactory. To achieve this goal, parents, educators and health officials should work together to create a healthy and appropriate environment that encourages children to change some bad habits related to food taken or to activities practised. Type II diabetes, previously considered an adult disease, has increased dramatically in children and adolescents due to obesity. Lack of physical activity (because children spend most of their time doing their homework, watching TV or surfing on the internet) and unhealthy eating patterns (such as having snacks regularly) are leading to a serious situation among children in USA. In 1999, 13% of children aged 6 to 11 years and 14% of adolescents aged 12 to 19 years in the United States were overweight; a rate that has nearly tripled in the past 2 decades. On the other side, children in many Asian, African and Latin American countries are living in absolute poverty. That's why many complaints are made by Non-Governmental Organizations (NGOs).