

Struwwelpeter Value on in Lessons of Picky Eating and Distractions for Modern Day Children

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Overall Topic:

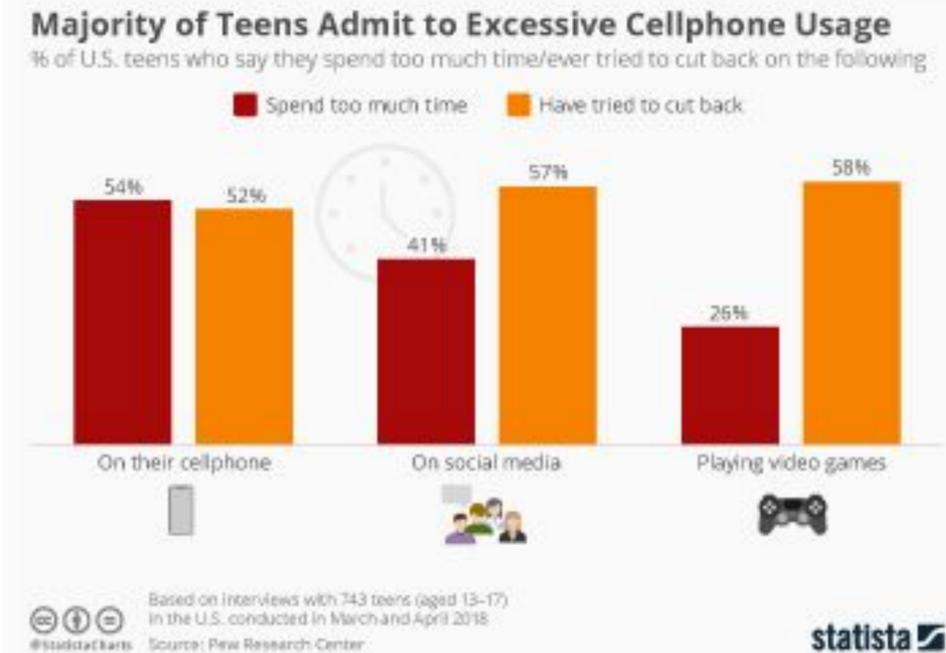
In Heinrich Hoffmann's *Der Struwwelpeter*, Hoffmann attempts at illustrating lessons to children. These lessons are on how to behave and avoid the development of terrible behaviors and habits. In two short stories from *Der Struwwelpeter*, Hoffmann portrays the terrible consequences of being a picky eater, unhealthy eating habits, and not paying attention to the real world and being distracted. These lessons still have value in their meaning for modern day children and parents. Especially with the growing of modern day problems of child obesity, laziness, addiction to various media forms such as video games, movies, and social media.

Obesity and Picky Eating:

- Obesity has been an increasing issue for society and public health
- Among the youth in the United States, obesity has increased by 4.6% from 2000 to 2016
- Picky Eating in extreme cases is known as ARFID. Most ARFID patients also have traces of anxiety disorders
- Struwwelpeter lessons with the story Suppenkasper display the moral of eating healthy foods and the foods your parents give.

Distractions with Media and Technology on Teens and Kids:

- With the emergence and rapid growth of technology in the entertainment and media world. Children have gotten hooked on video games and social media outlets.
- In worse cases have gotten unhealthy addicted, now this also affects adults
- Therapists have assigned severe cases of addiction to impulse control disorder
- Struwwelpeter also brings a valuable lesson to this with the story, young kid being distracted and with his head in the clouds. As a result almost drowns when falling into a river.
- Now Struwwelpeter has dark elements to present its meanings but this story displays a greater picture of not paying attention to life and losing grasp to a distraction.

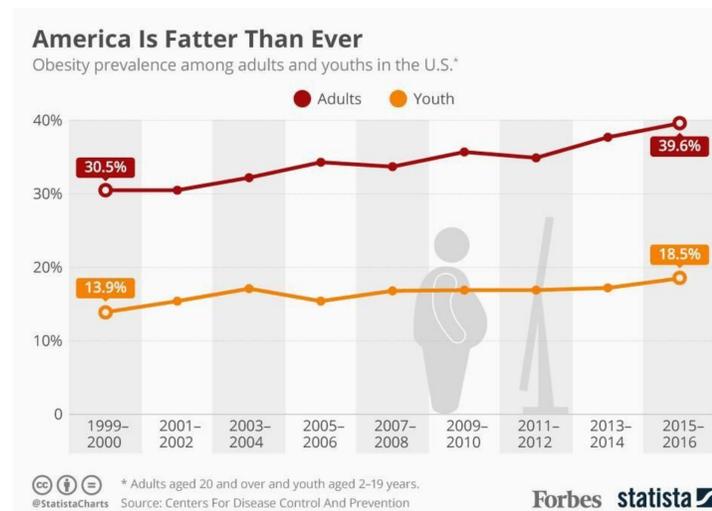


Technology usage amongst teens, but displayed teens trying to also cut back on their usage

Graph and data is from statista

Conclusion:

Stories especially children stories will always have important meanings and lessons. *Der Struwwelpeter* is prime example, even though it was published in the mid-nineteenth century. The stories within this book provide essential lessons through variety of everyday issues for parenting children.



CDC report on the rise of obesity in the United States. This is due to wide range of factors; genetics, parenting, society, culture, and economics.