A. is the interpretation – If the aff defends autonomous medical choices in general for adolescents, then they must include autonomous dietary choices. To clarify, my argument is that dietary choices must be a part of your advocacy.

B. is the violation – I ask in CX and he won’t defend dietary choices as a type of medical choice.

C. is the standards –

1. Textual Precision – According to google, medical choices are those that relate to the treatment of illness, and since dietary choices heavily influence health and risk of disease, they must be included. **Leonard:**

“How Does Diet Impact Health” Barb Leonard PHD University of Minnesota http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/diet-nutrition/how-does-diet-impact-health

Atkins? South Beach? The Zone? Trendy diets and [*nutrition*](http://www.takingcharge.csh.umn.edu/glossary/3#term29) research change almost daily. Still, amidst all the hype, study after study shows that [**good food**](http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/diet-nutrition/how-does-diet-impact-health#86663415) **choices have a positive impact on health, and poor diets** have **negative** long-term effects.Know the facts: A [**healthy diet**](http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/diet-nutrition/how-does-diet-impact-health#84257172) **gives your body the nutrients** it needs **to** perform physically, maintain wellness, and **fight disease.** Americans whose dietary patterns include fresh, whole foods like fruits and vegetables, whole grains, legumes, lean meats, and fish have a lower incidence of major chronic disease and especially of diet-related diseases. Unfortunately, **the standard American diet** (S.A.D.) is heavy in saturated fats, partially-hydrogenated oils, refined carbohydrates, and highly processed foods. This diet, in combination with a sedentary lifestyle, large portion sizes, and high [stress](http://www.takingcharge.csh.umn.edu/wellbeing/health/stress-mastery), **is blamed for** the increase in **obesity and associated diseases** in the U.S. [according](http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/diet-nutrition/how-does-diet-impact-health#2102292) to the Center for Disease Control, over a third of the U.S. adult population is obese). Diseases associated with obesity include [type 2 **diabetes**](http://www.takingcharge.csh.umn.edu/conditions/diabetes), high blood pressure, coronary [**heart disease**](http://www.takingcharge.csh.umn.edu/conditions/heart-disease)**, stroke**, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, **and** certain [**cancers**](http://www.takingcharge.csh.umn.edu/conditions/cancer), including breast cancer in women. In short, **what we eat is central to our health. Food acts as medicine** to maintain health, as well as prevent and treat disease. For more information about how food works in our bodies, see [What Do Specific Foods Do?](http://www.takingcharge.csh.umn.edu/explore-healing-practices/food-medicine/what-do-specific-foods-do). Eating too much or too little [Obesity](http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/diet-nutrition/how-does-diet-impact-health#83908736) is rising rapidly, and, as we saw above, is associated with many serious, even life-threatening, diseases.

Textuality is key to fairness and education since otherwise, we don’t have a stable basis from which to prep our arguments, meaning I have no way to access the ballot or get any educational clash. Also key to jurisdiction, which is an independent reason to reject a debater’s advocacy – the judge cannot affirm a non-resolutional aff since that would mean the aff fails to meet their burden of defending the resolution as true.

2. Nutrition – my interp forces debaters to do research on dietary choices for their cases, and studies indicate that using the Internet to research nutrition facilitates better choices by teens, meaning my interp actually makes debaters healthier. **Sun:**

“Study: Nearly third of teens changed health habits based on online search” Lena H. Sun 6/2/15 http://www.washingtonpost.com/national/health-science/nearly-13-of-teens-changed-health-habits-based-on-digital-search-study-finds/2015/06/01/c6679aec-0892-11e5-95fd-d580f1c5d44e\_story.html

Some good news about **teens** and the Internet: Many **switch to healthier habits after consulting the Web.** In the first national study in more than a decade to look at how adolescents use digital tools for health information, **nearly one-third of teen**ager**s said they used online data to improve behavior — such as cutting back** on drinking **soda**, using **exercise** to combat depression **and** trying **healthier recipes** — according to a [study to be released Tuesday](http://cmhd.northwestern.edu/wp-content/uploads/2015/05/1886_1_SOC_ConfReport_TeensHealthTech_051115.pdf) by researchers at Northwestern University. Although it’s common to hear about “all the negative things kids are doing online,” the study highlights the importance of making sure there is accurate, appropriate and easily accessible information available to teens, “because it’s used and acted upon,” said Ellen Wartella, director of Northwestern’s Center on Media and Human Development and lead author of the report. Researchers also found that nearly one-quarter of teens were going online to look for information about health conditions affecting family or friends.While most teens rely on digital resources to learn more about puberty, drugs, sex and depression, among other issues, a surprising 88 percent said they did not feel comfortable sharing their health concerns with friends on Facebook or on other social networking sites. “I mainly find it kind of moving, because it really illustrates that a lot of teens are grappling with very real, very important health challenges and that **the Internet is empowering them with the information they need to take better care of themselves**,” said Vicky Rideout, a co-author of the study.

Nutrition is a prerequisite to debater’s getting any education – multiple warrants, **Just:**

“3 Ways Nutrition Influences Student Learning Potential and School Performance” David Just PHD Cornell http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance#.Ve3\_KfnlyT8

Several studies show that **nutrition**al status **can directly affect mental capacity** among school-aged children. For example, iron deficiency, even in early stages, can decrease dopamine transmission, thus negatively impacting cognition.[[2]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn2%22%20%5Co%20%22) **Deficiencies in** other  [**vitamins and minerals**](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance#99712858), specifically thiamine, vitamin E, vitamin B, iodine, and zinc, are shown to **inhibit cognitive abilities and mental concentration.**[[3]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn3%22%20%5Co%20%22)  Additionally, **amino acid and carbohydrate supplementation can improve perception, intuition, and reasoning.**[[4]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn4%22%20%5Co%20%22) There are also a number of studies showing that improvements in nutrient intake can influence the cognitive ability and intelligence levels of school-aged children.[[5]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn5%22%20%5Co%20%22) **Provide a** [Balanced Diet](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance#68635461) **for Better Behaviors and Learning Environments** [Good Nutrition](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance#55812060) helps students show up at school prepared to learn. Because improvements in **nutrition make students** healthier, students are likely to **have fewer absences** and attend class more frequently.  Studies show that **malnutrition leads to behavior problems**[[6]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn6%22%20%5Co%20%22), and that sugar has a negative impact on child behavior.[[7]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn7%22%20%5Co%20%22)  However, **these effects can be counteracted** when children consume a [balanced diet](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance#44068934) that includes protein, fat, complex carbohydrates, and fiber. Thus students will have more time in class, and students will have fewer interruptions in learning over the course of the school year.  Additionally, students’ behavior may improve and cause fewer disruptions in the classroom, creating a better learning environment for each student in the class. **Promote** [Diet](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance#23139108) **Quality for Positive School Outcomes** Sociologists and economists have looked more closely at the impact of a student’s diet and nutrition on academic and behavioral outcomes.  Researchers generally find that **a higher quality diet is associated with better performance on exams**,[[8]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn8%22%20%5Co%20%22) and that programs focused on increasing students’ health also show modest improvements in students’ academic test scores.[[9]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn9%22%20%5Co%20%22)  Other studies find that improving the quality of students’ diets leads to students being on task more often, increases math test scores, possibly increases reading test scores, and increases attendance.[[10]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn10%22%20%5Co%20%22)  Additionally, eliminating the sale of soft drinks in vending machines in schools and replacing them with other drinks had a positive effect on behavioral outcomes such as tardiness and disciplinary referrals.[[11]](http://www.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance%22%20%5Cl%20%22_edn11%22%20%5Co%20%22)

And, good nutrition prevents death via heart disease or cancer – precludes all other theory impacts since there’s no fairness or education if we’re dead.

D. is the voters – Education’s a voter 1. 2. Drop the debater 1. 2. Use competing interps

Methodology to Sun

Researchers surveyed 1,156 American teenagers between 13- and 18-years-old. Teens in English-speaking households were surveyed last fall, and those in Spanish-dominant households were surveyed in March. Eighty percent of those surveyed attended public school.

The survey explored how often teens use online tools, how much information they receive, what topics they are most concerned with, what sources they trust and whether they have changed their health behaviors as a result.