



School dinners



The celebrity chef Jamie Oliver was concerned, like many others, about the quality of school dinners.

The government decided to invest more money in the schools meals service.



When and why were meals at school first introduced?

<http://www.nationalarchives.gov.uk/education/lesson29.htm>

Read the extracts on the web page above and see if you can answer some of the questions.



At first school dinners were intended for the children from poor families but in 1939 it became national policy for all schools to provide a meal for children whose parents wanted them to have it. As a result, 1 in 3 children had school dinners during the Second World War whereas only 1 in 30 had them before the war!

The reason school meals were served was to make sure that poorer children had a nutritious meal. New standards have been introduced.

What is the guidance about foods high in fat?

<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-lunches-140616.pdf>

Which drinks are permitted?



Which food items would you include in a healthy vending machine?

Do you think your lunchbreak is important? What do you use it for?

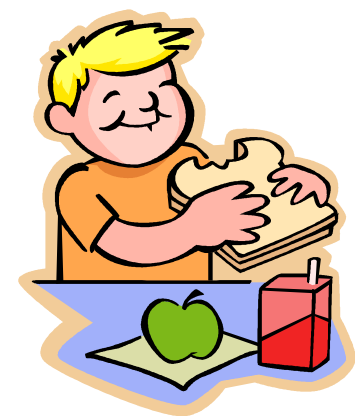
<https://www.theguardian.com/education/2007/nov/13/schools.uk2>

What about healthy packed lunches?

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

There are lots of websites for parents to find out how to make you healthy packed lunches. Try devising a week's "menu" for your own packed lunches—and then offer to help prepare them!

<http://allrecipes.co.uk/recipes/tag-2991/packed-lunch-recipes.aspx>



For further information, look at the explorer fact sheet The Balance of Good Health

<http://www.countrysideclassroom.org.uk/resources/635>