

# School lunches

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Lunch is an important meal of the day and it is eaten at school. It boosts our metabolism and gives us energy for the rest of the day. But it's probably one of the biggest problems at our school. We are advised to eat healthy but we can't always do that with the choices that are provided at our school.

Nutrition is important it helps our bodies and brains grow and develop into the way that they are supposed to.

Schools claim that they offer the right nutrients in foods. But according to an online study 15 percent of 13-15 year old girls are obese and 14 percent of 13-15 year old boys are obese and schools can be at blame for this epidemic. According to Physicians Committee for Responsible Medicine and the Healthy School Lunch Campaign “ school foods are too rich in saturated fat and cholesterol.” Schools claims that teens are better off getting a lunch at school than to bring their own because they offer healthier choices but according to a article that was writeen in the times about school lunches a chocolate chip cookie that is sold at school has 300 calories. That's about 1/8 of the calories most people are supposed to have a day. The nachos that are also offerd at school have 408 calories and that's more than a third of our daily fat allowance.

The school claims that they put in effort to give students the option of a healthy choice for a school lunch. But diet soda and salads is not what I really like to call effort. Diet sodas are worse for us than normal sodas because the active ingreident in diet soda is Aspartame and it can lead to poisoning, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss. Also salads can become unhealthy

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because most people add ranch to them. A serving of 2 tablespoons of ranch can increase your calorie intake by almost 150 calories.

These healthy alternatives aren't that healthy. Along with the problem of unhealthy choices, Foster High School provides no nutritional information on what the students are eating. Although our school provides menus that's as far as they go to educate us about our lunch. With no nutritional facts posted no one really knows how unhealthy the food really is. How many calories are really in our burgers and how much fat is in our pizzas? This information should be provided and posted for everybody to see. Instead of eating schools unhealthy meals students should pack their own lunches.

But if students do decide to eat school lunches they need to be aware of what they are eating. Also they need to make small changes. For example they shouldn't get any dressing with their salads because they are pure fat and if they want a beverage they should bring their water or buy their own water because that's the healthiest choice. Our school doesn't provide the healthiest food choices for the students. They make claims that aren't true. For example they tell us our food is healthy but they don't tell us what we are really eating.

Is there a reason why they are withholding this information from us? What are they hiding?