

Health journal

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However, regardless of how careful an individual is of what he eats, he cannot always have control over what he is putting in his stomach, especially if he is still attending school. To bring about an improvement though, a variety of steps can be taken. He can get in touch with his teachers and respective societies in school, and set up seminars so the student body becomes more aware of what foods are healthy for them and joins in the resolution to eat better. Also, have meetings with the cafeteria staff so they can make the lunch menu accordingly. Each day of the school week could be dedicated to a particular type of food.