

TAKEHOME

5th - 11th
October



Who should decide what we have for school lunch?

In the news this week

The government has announced plans to make food served in schools across England healthier from September 2027. Under the proposed rules, schools would serve more fruit, vegetables and fibre-rich foods, while deep-fried foods and foods containing lots of fat, sugar or salt would be restricted. Schools would still offer familiar meals, but they would use healthier ingredients and cooking methods.

Things to talk about at home ...

- > Who usually decides what your family eats at home? Do you take turns? Does everyone help choose meals?
- > What are some of the things you think are important to consider when choosing what we eat?
- > If you could suggest one new school meal, what would it be?

Please note any interesting thoughts or comments

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