

## Healthy food options for children

There is a lot of information about healthy eating which can be confusing. There are strategies to improve nutrition and encourage smart eating habits. Parents and schools are encouraging kids to get them involved in eating healthier foods, and teaching healthy eating habits early.

The government says to eat healthy foods. To encourage kids we need to make healthy snacks available and get them cooking. A member of St Benedict's High School catering department said, "To encourage people to eat healthier you need to make it look attractive." She also said, "The school has been running healthy menus for ten years. The most popular dish on the menu is beef and Yorkshire pudding." Some people will be surprised by that. Not all children make the right choices but at the school canteen the staff question unhealthy choices and try and persuade them to choose better.

The government says that you should eat regular family meals, especially breakfast. Many schools have breakfast clubs for children who don't have breakfast at home.

A pupil at school said that she sometimes eats school meals. She said she does eat healthily because they have fruit and veg in the canteen.



By Isabel