Healthy Eating B1

LO: To write about the challenge for the school website

Our Food technology topic this term was based on healthy eating. We needed to complete 5 challenges.

Our first challenge began with a discussion about the importance of a meal being balanced and having different food groups. We then looked at our school menu to see if our school meals were balanced too. We discovered that they were balanced and each meal and dessert had most or all the food groups. However we noticed that the school meals were not very interesting and sometimes the options were limited.

Our next challenge was to create a new school menu. We used the internet to research other alternative school menus and give us ideas about our new menu. When planning the menu we were mindful that the meals needed to include all the food groups as well as being appetising.

After we planned our menus, we shared our work with the rest of the class and gave reasons for our choices.

To help us clarify any concerns on our school menu we wrote a set of questions for the cook to answer during an interview. This helped us to clarify how the menu was chosen, if the menu could be adapted/changed and if there was any scope for a themed day menu.

We really enjoyed researching our school menu and creating our own. We remain optimistic about the changes in the school menu for the future.