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## School Food

Here's a school problem we've all come to know, school food. Our school food is not the best as it could be, unhealthy and fake. The food can be premade or not real. It isn't the best thing to eat when you're hungry. Our lunch program in the United States started in 1946, and people have been very thankful for it. But there is one problem with the lunches; the food isn't the best or the healthiest.

A lot of people think school food isn't very good. Sometimes the food is undercooked and tastes raw. Some people have even found hair in their food. Half of the time you don't know what the food is made out of or where it is from. But in South Korea they have tasty lunches like rice and kimchi. In Iran they gave out food for kindergarten-14 year olds, which included pistachios, biscuits and fresh fruit. That's a pretty good lunch. This proves that it is possible to create a good, healthy lunch to serve in schools.

Some school food doesn't provide the most healthy choices. Jamie Oliver found out 1 whole school bus filled with sugar represents how much sugar kids drink from chocolate milk. Some schools sell sugary snacks and drinks for around

\$1- \$3. Places like Denmark and Sweden have pretty healthy food like fruit, roasted duck, potatoes and red or white cabbage. Most of the food is healthy, and that's an example that American lunch programs should follow.

The food seems unhealthy and fake at our schools. The cheese doesn't taste like real cheese. The hamburger patties have the texture of rubber and you can't be sure about what it is made from. In other countries the food isn't fake at all. They use roasted meat, fruits and vegetables. In Eugene we do have healthy salad bars, but it is paired with an unhealthy entree. The food is somewhat good but we could do better.

I'm not saying that our lunch ladies aren't trying to feed people but here is what I suggest: Try to make the food from scratch or don't use canned food often. There is a lot of history to school food. Things have changed a lot since then, and the options aren't always healthy. I believe, like many others, that school food should improve in nutritional value as well as taste.