Read about school lunches

Read carefully and choose the correct answer



A hungry child can't learn well. That's why schools don't want their students to be hungry. Everyone agrees that schools should feed children. But what kinds of food should children eat at school? Over the years, that question has been answered in different ways.

In 1946, the U.S. government started the National School Lunch Program. It served free or low-cost lunches. Every school day, it fed more than 30 million children. The lunches were usually hot cooked meals. Some experts worried that the lunches were not nutritious. Schools often served foods such as pizza, French fries, and hamburgers. These foods are high in fat, sugar, salt, carbohydrates, and cholesterol. They can make children gain too much weight. Overweight children have a bigger risk for health problems.

In 2010, the government passed the Healthy Hunger-Free Kids Act. This act tried to make school lunches healthier. It made new rules for fat and sugar levels. Because of this act, many schools stopped serving pizza, French fries, and hamburgers. Instead, they began to serve more nutritious meals with fruits and vegetables. Many teachers, parents, and children welcomed these healthy new meals. Others complained. They said that the new rules were too strict. Students didn't want to eat the meals. Some officials also objected that the healthy meals cost too much.

It seems obvious that schools should serve nutritious, cheap meals. Kids should also actually want to eat these meals. Nowadays, some schools are finding their own ways to achieve these goals. Many schools have introduced salad bars. They also have "make your own meal" stations. These innovations are popular. They make cafeterias feel more like restaurants. They give students more choice. Some schools also have organic gardens. They grow fruits and vegetables for the school lunches. Students and their families help take care of the gardens. More and more schools are serving meals that are healthy, affordable, and delicious.

A- IDENTIFY. What is the main idea of the article

a. The National School Lunch Program serves free or low-cost lunches to more than 30 million children each school day.
b. The Healthy Hunger-Free Kids Act made new rules for fat and sugar levels in foods and beverages.
c. Schools should serve meals that are healthy, affordable, and delicious, and many schools are trying to do this.

B- CITE EVIDENCE. Are these statements facts or opinions?

1- In 1946, the U.S. government started a National School Lunch Program.
   a. Fact b. Opinion
2- In the past, National School Lunch Program meals were not nutritious.
   a. Fact b. Opinion
3- Pizza, French fries, and hamburgers are high in fat, sugar, and salt.
   a. Fact b. Opinion
4- Many schools have introduced salad bars as a lunch option.
   a. Fact b. Opinion

C- INTERPRET VOCABULARY. Answer the question.

1- The word ***nutritious*** in the line 6 means _____
   a- healthy b- unhealthy c- delicious
2- When people complain (line 14) about something, they_____
   a- are happy about it b- are unhappy about it c- explain what it means
3- When people object (line 15) to something, they_____
   a- ask questions about it b-say they agree with it c- say they disagree with it
4- The word ***affordable*** in the line 23 means_____
   a- cheap b- expensive c- delicious

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