DAILY Warm-Up 11

Name _____ Date _____

SCHOOL LUNCH MENU

School lunches have never been known for their quality and taste, but things have gotten even worse. The school lunches that students are expected to eat not only taste bad, but they are unhealthy.

For many students, the school lunch is the only chance they have for a well-balanced meal. But most school lunches are anything but healthy. Most school lunches do not meet the minimum standards for protein, vitamins, calcium, or iron. Most school lunches, however, have more than the suggested amount of fat.

There are things parents can do to help their children make better choices at lunchtime. One way is to look over the lunch menu at home before any choices are made. Discuss choices together. Parents can suggest healthier choices. If there are no healthy choices available, then parents can suggest a lunch from home. Parents can teach children to avoid chips, sodas, and sweets.

One of the best ways that parents can teach children how to eat healthy is to set a good example. The family eating habits at home often follow the student to school. If the student is used to eating unhealthy meals, then the same habits will take place during lunchtime at school.

STORY QUESTIONS

1. What is the main idea of the third paragraph?
   a. Money should be set aside in the school budget for healthier lunches.
   b. Parents should discuss healthy lunch choices with their child.
   c. Sending lunch from home is always a healthier choice.
   d. Parents are sharing their eating habits with their children.
2. You can infer from the passage that the author feels school lunches should be required to . . .
   a. serve appetizing lunches to the students.
   b. meet minimum standards for protein, vitamins, calcium, and iron.
   c. help children make better food choices.
   d. set the standards for parents to follow at home.
3. What does the author say will happen if the student is used to eating unhealthy meals at home?
   a. The student will have the same eating habits at school.
   b. Parents will change their habits of eating at home.
   c. The lunch menu will be more closely observed.
   d. School lunches have less fat in them.

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LIVEWORKSHEETS