DAILY Warm-Up 6

Name _____ Date _____

LUNCH MENUS

If you're having trouble paying attention in school because you are hungry, don't blame your stomach. Chances are you are not getting the right nutrients in the lunchroom. Across the country, many students are not eating a healthy lunch and are suffering the consequences.

Have you looked at a school lunch menu? Many of the same bland foods are offered again and again. Most of these foods are unhealthy, with a high fat and sodium content. You would be lucky to find a menu that includes fresh fruit and vegetables other than the small carrots. How can this possibly be acceptable?

You may say that if a student is not happy with the lunch menu, then he or she should just bring his or her own lunch from home. The problem is that not all students have this luxury. Many students are on a reduced or free lunch program. They just don't have that option. Students are asked to suggest lunch menus, but eating pizza, hamburgers, or hot dogs every day is not sufficient. Cafeterias need to create menus that are not only appealing to students but nutritious, as well.

The U.S. government just came out with the new food pyramid guide. How many of the cafeteria school menus will meet these guidelines? A hard look at what we are feeding the future adults of America needs to happen. Let's take that look before it becomes too late for this generation. Too many lives are depending on it!

STORY QUESTIONS

1. People who agree with this passage probably feel that . . .
   a. parents should take more responsibility in providing lunch for their children.
   b. schools need to adjust their budget to fund the lunch program better.
   c. schools need to give the responsibility of school lunch to someone else.
   d. schools need to look at more effective ways to feed delicious and nutritious lunches.
2. The main idea of this passage is . . .
   a. cafeterias can be great resources for students, if they are funded appropriately.
   b. cafeteria workers need to teach students to eat more healthy foods.
   c. principals should have a meeting to discuss how to improve lunches.
   d. schools need to make more appealing and nutritious lunches.
3. What is one of the ways suggested in the passage to improve cafeterias?
   a. Ask the students for ideas.
   b. Generate more appealing and nutritious lunches.
   c. Require all students to bring their lunch from home.
   d. Order food from local fast food restaurants.

LIVEWORKSHEETS