

Name:
Date:
Level:
Teacher:

Reading worksheet # 1

A) Look at the picture of school lunches from the article below. Which lunch do you think looks better? Why?



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.

B. Circle the correct answer

1. **What was the main goal of the National School Lunch Program?**
 - a) To teach children how to cook
 - b) To provide free or low-cost meals for students
 - c) To ban unhealthy foods from schools
 - d) To increase the price of school lunches
 2. **Why did some experts worry about the school lunches before 2010?**
 - a) The food was too expensive
 - b) Students didn't like the meals
 - c) The food was not nutritious
 - d) There wasn't enough food for all students
 3. **What was one effect of the Healthy Hunger-Free Kids Act?**
 - a) Schools stopped serving unhealthy food
 - b) More children became overweight
 - c) The National School Lunch Program ended
 - d) Students had to pay more for food
 4. **Why do some schools have organic gardens?**
 - a) To sell vegetables to local markets
 - b) To teach students how to cook
 - c) To grow fruits and vegetables for school lunches
 - d) To replace salad bars in cafeterias
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C. Write T for true and F for false.

1. The National School Lunch Program started in 2010. ____
 2. Some people complained about the new school meals because they thought they were too expensive. ____
 3. Nowadays, all schools serve only healthy meals with no choices for students. ____
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D. Match each term with the correct description by writing the letter in the blank

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| 1. National School Lunch Program. | a) A rule that made school lunches healthier. |
| 2. Healthy Hunger-Free Kids Act . | b) A way for students to have more choice in their meals. |
| 3. Salad bars and "make your own meal" stations. | c) A program that provided free or low-cost meals for students. |