

世界各國學生午餐

School lunches around the world



國際教育雙語課程

臺中市西屯區上石國小
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France

What 's the popular food here?

(potato, cheese)

Is it healthy?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)





United Kingdom

What 's the popular food here?

(fish and chips, cheese)

Is it healthy?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)



Most popular English dishes



Cauliflower Cheese



Fish and Chips



Cheddar Cheese



JAPAN

What 's the popular food here?

(ramen, sushi, fish)

Is it healthy?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)



Most popular Japanese dishes



1. RICE DISH
Sushi



2. NOODLE DISH
Ramen



3. DESSERT
Mochi



USA

What 's the popular food here?

(hamburger, fried chicken, pie)

Is it healthy?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)



Most popular American dishes in California



Cheesburger
4.2 ★★★★★ (100)



Burrito
4.3 ★★★★★ (100)
West in La, Tampa, San Francisco



Avocado Toast
4.1 ★★★★★ (100)

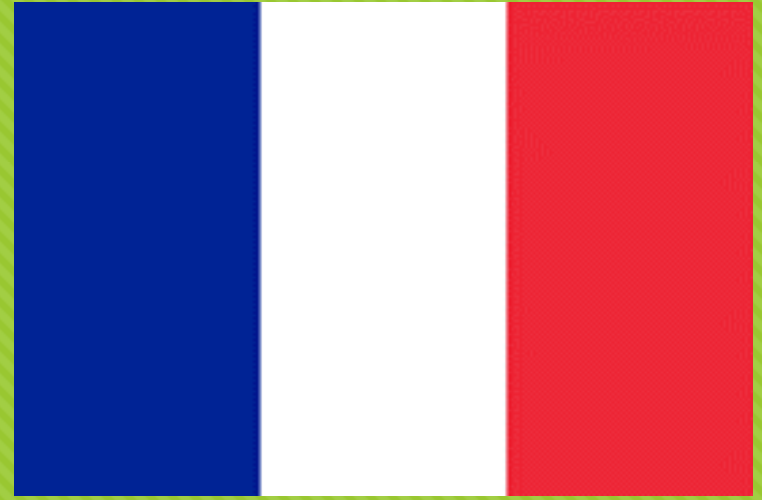
Are the popular food above healthy?

Healthy Diet

- A healthy diet is one that helps maintain or improve overall health.
- A healthy diet may contain fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages.

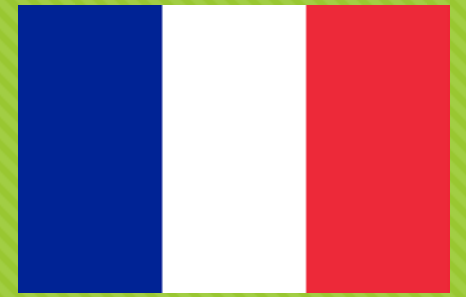


MyPlate illustrates the proportions of each food group which should be present at each meal.



Student lunch in France

The school lunch in France.



○ Potato and pickle salad,
breaded fish, cauliflower
cheese, Peach



○ Cabbage and tomato salad,
roast beef, potatoes, baked
tomatoes with herbs, cheese,
Kiwi



What's for school lunch in France?



○ They eat __, __, __, __, and __.

You may answer potato, meat / fish, egg, vegetable, soup and fruit.

○ Is it healthy? Why?

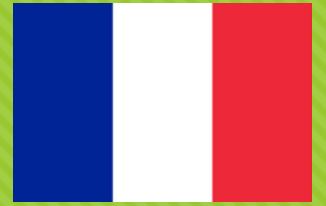
(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)

○ What's the popular food here? (They are 'cheese', 'beef' and croissant')

○ What are the types of food in this photo? (They are 'grains', 'meat', 'fish', 'vegetables', 'dairy food' and 'fruits')

The lunch policy in France



- 1. Organic and local foods
- 2. Vegetarian meals
- 3. Limit food waste
- 4. Plastics ban

FRENCH SCHOOL LUNCH REFORMS 2020





Student lunch in United Kingdom

The school lunch in United Kingdom.



○ Beans, baked potato, corn on the cob, melon and a drink



○ Fish and chips, vegetable soup

What's for school lunch in United Kingdom?



○ They eat __, __, __, __, and __.

You may answer potato, meat / fish, egg, vegetable, soup and fruit.

○ Is it healthy? Why?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)

○ What's the popular food here? (They are 'fish and chips', 'scone', 'cheese')

○ What are the types of food in this photo? (They are 'grains', 'meat', 'fish', 'vegetables', 'dairy food' and 'fruits')

The lunch policy in United Kingdom



School lunches should be nutritious and delicious.

They must provide:

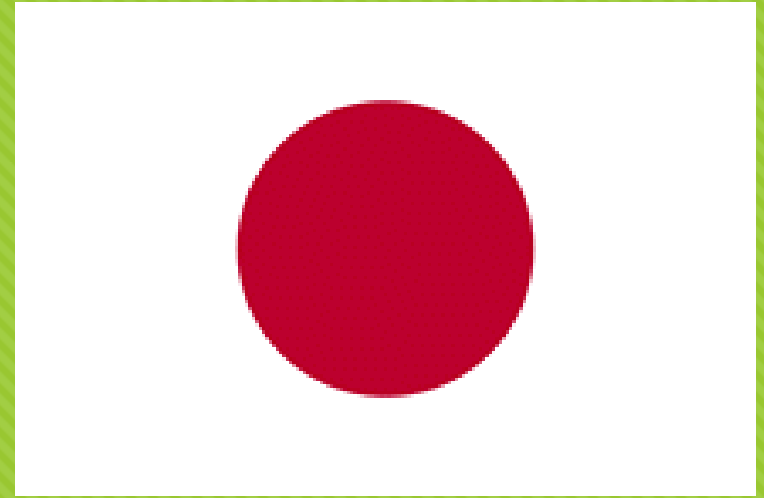
- high-quality meat, poultry or oily fish, fruit and vegetables bread, other cereals and potatoes.



There can't be:

- drinks with added sugar, crisps, chocolate or sweets more than 2 portions of deep-fried food a week





Student lunch in Japan

The school lunch in Japan.



○ Fish, Rice, Soup, Sweet Dumpling and Milk



○ Fried Chicken, Vegetable, Rice, Corn/Pickle/Cucumber/Carrot Salad, Soup, and Milk

What's for school lunch in Japan?



○ They eat __, __, __, __, and __.

You may answer potato, meat / fish, egg, vegetable, soup and fruit.

○ Is it healthy? Why?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)

○ What's the popular food here?

(They are 'sushi', 'ramen' and 'fish'.)

○ What are the types of food in this photo? (They are 'grains', 'fish' and 'vegetables')

The lunch policy in Japan.



Kids are educated on what they are eating



Everything is fresh and well-balanced





Student lunch in USA

The school lunch in United States.

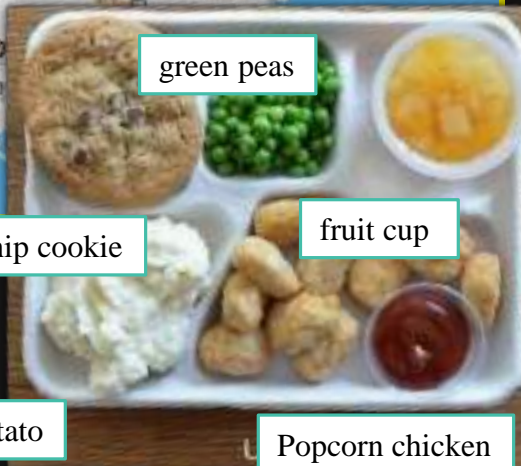


○ chicken, Caesar salad with flatbread, apple and milk



○ Baked beans, a meatball sub, carrots, broccoli, peaches, a banana, and chocolate milk

What's for school lunch in United States?



○ They eat __, __, __, __, and __.

You may answer potato, meat / fish, egg, vegetable, soup and fruit.

○ Is it healthy? Why?

(Yes, it is. The food looks natural.)

(No, it isn't. The food looks processed.)

○ What's the popular food here? (They are 'grains', 'meat', 'vegetables' and 'fruits')

○ What are the types of food in this photo? (They are 'grains', 'meat', 'vegetables' and 'fruits')

The lunch policy in United States.



The new regulations, effective beginning in 2012, require cafeterias to offer **more fruit, vegetables and whole grains** and limit **sodium, calories and unhealthy fat** in every school meal.

While in 2020 regulation easing sodium and whole-grain standards in school meals



The lunch policy in Japan.



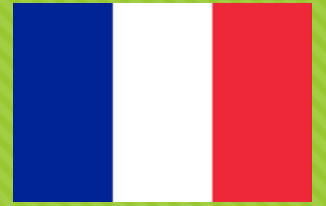
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The lunch policy in France



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The lunch policy in United States.



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**Take Action to Improve
The School lunch**

Why the Quality of School Lunches ?



- **Better Learning and Memory**
- **Improved Concentration**
- **Better Overall Health**
- **Better Behavior and Fewer Problems**
- **Better Academic Performance**
- **Reducing Obesity**
- **Better Habits for the Future**

5 Ways You Can Help Improve School Food



- **Show your support for healthy school lunches.**
- **Be an advocate for healthier food.**
- **Start a farm-to-school program.**
- **Get a school garden in a school.**
- **Start Meatless Mondays in school.**

The actions to improve school lunch



Healthy Diet

- A healthy diet is one that helps maintain or improve overall health.
- A healthy diet may contain fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages.



Food Policy among Countries

They demand to offer more fruit, vegetables and whole grains and limit sodium, calories and unhealthy fat in every school meal.

MyPlate illustrates the proportions of each food group which should be present at each meal.

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- Improved Concentration
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- Better Behavior and Fewer Problems
- Reducing Obesity
- Better Habits for the Future

5 Ways You Can Help Improve School Food

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The school lunch **Map & Actions**

Let's choose Italy
as an example

The school lunch **Map & Actions**

Let's choose Italy as an example



What's for lunch in ITALY?

They eat pasta, bread, salad, fish, and grapes.

Draw or paste the food of school lunch in Italy.

Is it healthy? Choose **Actions** that you like to improve the school lunch.



Paste the food and the **Map** of Italy.

- Be an advocate for healthier food.
- Start a farm-to-school program.
- Get a school garden in a school.
- Start Meatless Mondays in school.

Summary



- **Each country has a different student lunch format.**
- **To improve health, we had better eat natural foods.**
- **To improve health, we need to eat a variety of foods.**
- **Students can take actions to improve the quality of school lunch.**

參考資料Reference

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