

# Helping children eat well at school



We want to help children eat safely and well. We visited 8 schools and talked to 90 people about school food.

## What are schools doing well?



Meals have fruits, vegetables, and other food groups. Children can always drink water.



Staff and children eat together at lunch. They help children with special diets and needs.

Children learn about healthy eating and food preparation at school.

## What could be improved?



Offer fruit, vegetables and low fat milk at breakfast and snacktime.

Give children lots of choice. Give children tasters of foods they are unsure of.

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Serve fewer fatty, sugary, and salty foods.

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Have more food options. Give children a choice to eat in the hall, classroom or a quiet room. Let children eat with their friends.

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Have exciting recipes and new equipment for cooking lessons. Grow fruits and vegetables in a school garden.

Give children a way to share their views on menus.

## What next?



We think schools need more support with food. We would like the government to write new guidance to help improve school food. This should include advice for special schools.



We think children should be more involved in decisions. We will talk with more children, parents, and schools about how to make school food better.

## Want to find out more?

Get in touch at [feast@contacts.bham.ac.uk](mailto:feast@contacts.bham.ac.uk)

Webpage: [birmingham.ac.uk/research/projects/feast-project](http://birmingham.ac.uk/research/projects/feast-project)

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