

## Introduction

“Eat well to grow up healthy” is the most memorable message that families transmitted to their children, but what happens with these words of wisdom when the kids have to face the world of school cafeterias? Do they have enough choices to follow these recommendations? Do they want to look for healthy food?. Let’s see what I found in my research.

## Center of Disease Control and Prevention (2018) Study

- 1 of 5 children are obese, and they are more likely to have it in the adulthood.
- Less than 1 in 10 children eat the recommended daily amount of vegetables.
- 30 million Americans live in neighborhoods without easy access to affordable, nutritious food.
- An estimated 73% of children 3-5 years old not yet in kindergarten are in a non-parental care arrangement every week

### CDS Strategies

- [Fruits](#)
- [Tips for parents](#)
- [Rethink what you drink](#)

## “The History of School Lunches” Article

- Children have time during lunch break so they go home or eat in the small communities.
- 1984 women movement in Boston and Philadelphia, provide lunches to schoolchildren, and it was the born of School Meals.
- After the Great Depression government bought the agricultural products and hired women to cook and serve to the children at schools.
- World War I government increases the motivation to fix all the malnutrition struggles, anthropologist Margaret Mead was hired to work on the feeding of hungry children and she improved them.
- After World War II congress approved National School Lunch Act.
- Multinational food services companies influence school cafeterias through giant catering firms.
- Fast food brands and sodas found that kid was an exciting target to offer “free” pizza, including it in the school meals.

## How kids can be persuaded to eat more fruits and vegetables - Field study

- Pledges, incentives, and competitions increase the eating of vegetables and fruits, as healthy choices.
- 31.000 public schools participate. in this field study with kids from 5 to 14 years.
- Two groups: 1 and 2 grades and 3 to 8 degree.
- Benefits of eating fruits and vegetables were presented through flyers, banners, posters, intercom messages, and teachers discuss healthy habits with the children.
- During six weeks, the kids were exposed to healthy food.
- Conclusions: it is possible to change eating behaviors in younger kids and the authority of teachers plays an important role because small kids follow the rules better than older kids.
- School is a critical environment for kids to eat healthy because they spend most of their lives.

## Northeastern University Communication of healthy habits for kids Field study

- Literacy for kids is focused on academic and social development and no help parents and schools to teach kids, eat more fruits and vegetables.
- University designed interactive books, available in three languages: English, Spanish, and Vietnamese.
- Results: 77% of the students read the book and complete activities, and parents affirmed that the enjoyable books increase the consumption of fruits and vegetables.

## Activism as a way to find improvements in schools meals - Website

- Every 18 minutes, 4 Americans die because of the food they eat, and kids are going to have a shorter lifespan in comparison with their parents.
- School meals with sugar in the foods, highly processed food, and lack of freshness in the meals.
- Big brands present the labeling as they are best for them.
- Solution: teach kids about food and how to cook and involve food in school areas such math, history, languages, and so forth.



[Video Jamie's Oliver](#)

“I wish for everyone to help create a strong, sustainable movement to educate every child about food, inspire families to cook again and empower people everywhere to fight obesity” (Oliver, 2010 Ted Talk)

## References

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