

Should Canyon View Middle's Lunch Change?



NO:

Canyon View's lunch has gone from let's say not-so-healthy to healthy. Why is the big question. There are many answers including: fewer calories, better choices, smaller servings, and saving on preparation time. While many believe the new lunch is a problem because kids are not getting enough to eat, I think that the school is heading in the right direction because it is helping students to make healthier choices.

Calories and weight go hand-in-hand. In the United States, there is a huge problem with childhood obesity. This is recognized by education, and CVMS is trying to do its part to help solve this problem by helping kids develop better eating habits. Many kids just eat too much, too many calories. Giving kids smaller portions will cut down on calories, which will cut down on weight gain.

Saving money is another benefit of the new lunch program. Because most of the food is pre-packaged, the lunch staff does not have to spend as much time preparing. This means they don't need as many cooks, and the cooks can work less hours.

The new lunch program is giving kids healthier choices. Too many kids are not eating enough fruits and vegetables. These are now available at every lunch. Eating healthier food will decrease the chance of getting diabetes and heart problems. When kids are eating healthy, they are less likely to crave junk food. Junk foods are empty calories and don't satisfy the hunger. When you feel hungry, you eat more. And the more calories you eat, the more weight you gain.

There has been a gigantic change in the school lunch. The change is there to help kids, not hurt them. CVMS lunches now have fewer calories and more fruits and vegetables. It saves preparation time in the lunchroom because the food has been prepared somewhere else. And let's face it, healthier lunches lead to healthier lifestyles.

By: Delaney Beaumont

YES:

Currently, there are a lot of people complaining about Canyon View's school lunch. Some people think that we need smaller serving sizes to help stop the teenage obesity problem. But, I believe that the school was better off with the old program because the food was homemade, a lot of food is wasted, and it was less expensive.

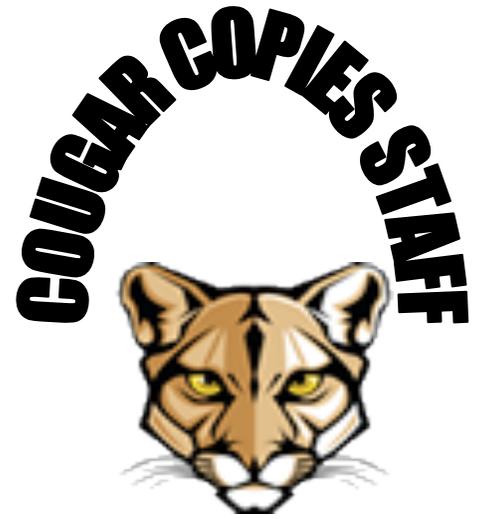
Anyone who attended Canyon View Middle School last year have said that the cooks made the best rolls around. They were hot, fluffy, and fresh. The bread melted in your mouth. With the new lunch program, the rolls are as hard as a golf ball. And what happened to fresh? The rolls we have now are small and pre-packaged. Pre-packaged foods have a lot of preservatives in them and are not as good for you.

Students are learning to be wasteful. A lot of students throw away a lot more food this year than they did last year. Every student who buys school lunch is required to take a fruit and a vegetable. Even though fruits and veggies are good for you, many teenagers do not like these so they will not eat them. These end up in the trash. Students should not have to take what they will not eat.

Students are paying higher prices this year. And for what? Students are getting less food and fewer calories than last year. The food is also not as fresh. So students are paying extra for the frozen food to be shipped.

Many people are not happy with the new school lunch program. Some people think that we need smaller servings because of the teenage obesity problem. But frozen foods, extreme wastefulness, and higher prices are the results. Students need to be taught healthy eating habits and then be able to make their own choices.

By: Zane Schmidt



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Liked School Lunch Better This Year or Last Year

