

The Importance of Healthy Eating



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What is happening in our canteen.

At MDCC there are many foods that are served daily that shouldn't be. Foods like Cheeseburgers and a whole range of other foods should not be eaten daily as they have a lot of calories in them. We suggest that we must make these items available only once a week so that we are not eating as many calories.

Why you need to eat healthy?

Healthy eating is very important because it contributes to a happy and long life. If you eat healthy foods you are able to stay active and reduce illness. Healthy food contains important nutrients that the body needs to work and to grow. Healthy eating also helps our brain develop which helps us learn. This Photo below is food that should not be in your weekly diet.



Why do children need to eat healthy?

It is very important for children and adolescents to eat healthy foods because it assists with their growth and development.



How the food at the MDCC Canteen meet the healthy food standards?

The food at the MDCC canteen is meet the healthy food recommendations because we use the Traffic light system in our school canteen



Consequences for not eating healthy

If you don't take care of yourself and not think about what your eating, you could end up on biggest loser trying to lose all that unhealthy fat. Eating a lot of fatty food can make you really sick and can even kill you.



OR



How the canteen can improve its healthy food alternatives

<u>Food</u>	<u>New Food</u>	<u>Getting rid of food</u>	<u>Cost for New Food (\$)</u>
<u>Hot</u>	Rice + Chicken Kabobs	Cheese Burger	CWR = 5.00 CK = 1..50
<u>Cold</u>	Fruit Salad	Meat and salad plate	Lage = 4.00 Small = 2.50
<u>Frozen</u>	Frozen Yogurt	paddle pop	Large = 3.50 Small = 2.00
<u>Drinks</u>	Fruit Smoothies	Sprite Zero	3.00
<u>Snacks</u>	Fruit Kebabs	Muffin + Sunfruits	1.50



Jamie Oliver







The slide features a black background with large, light purple text. At the top, there are four horizontal bars of equal width in yellow, purple, yellow, and red. At the bottom, there are three horizontal bars of equal width in purple, red, and purple.

Thankyou for
Watching and
Listening