

- 7 a Look at the text for 10 seconds. How much can you find out about the man in the picture? Compare in class.
- b Now read the text about Jamie Oliver. What changes do you think he would make to this menu? Give reasons.

Fairview school Menu

Mon 12th October

Starters

Vegetable soup or Mini pizza

Main course

Hot dog and chips or Spinach lasagne

Dessert

Chocolate mousse or Fresh fruit salad

Jamie Oliver and **Feed me better**

Jamie Oliver is a world-famous English chef* who owns and runs his own restaurants and trains new chefs. He also does cookery programmes on television. A few years ago, he did a TV programme called *Jamie's School Dinners*.

Many schools in Britain give the kids a meal at lunchtime – the meals are called "school dinners" (even though they're lunches, not dinners!). There are people called "dinner ladies" who make the meals for the kids.

In his TV programme, Jamie Oliver found that a lot of school dinners are just "junk food". What's junk food? It's food that is filling, but not very healthy because it has artificial things in it. Since the programme, Jamie has been working to improve school dinners. He started a movement called *Feed Me Better*.

- ★ 8 Here is a page from the *Feed Me Better* website. Match the texts and the pictures. Write numbers in the boxes.



1



2

Feed me better.com

Many young people probably don't know what celery or zucchini taste like and they certainly don't know how to cook them. This is because they don't learn about food at school and at home. We need to put cookery back in the timetable and have lessons to teach kids that food comes from farms, not from packets. These lessons should be connected to the school dinners menu.

These people work really hard. They're very important because they are the ones who cook the meals for the kids. If we want healthy adults in the future, then we have to help the dinner ladies. Let's make their job more important and pay them more money. Our dinner ladies have between 35p and 45p to spend on food per kid per meal. That's about the same as the price of a bag of crisps. They need at least 70p per person to cook a healthy meal!

It's meals that are most important. A school dinner should give young people 33% of the nutrition that they need every day. That's why it should have fresh food and also all the proteins, minerals and vitamins that kids need for health and growth.

Schools in Scotland had to change their school dinners. Why? Because they weren't healthy. But what are young people in England eating for school dinners? Junk food! It's fattening and it's harmful. We need to get rid of the junk and start making fresh, tasty, nutritious meals. Young people need better food – now!

Note:

English: chef = cook
German: Chef = boss



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9 Read the texts again. Answer the questions.

- 1 Why don't most young people know how to cook things?
- 2 Why are dinner ladies important?
- 3 What should school dinners provide?
- 4 What is more money needed for?

Vocabulary Food

10 Match each word about food with a definition.

- | | | | |
|--------------|--------------------------|-------------|--------------------------|
| 1 artificial | <input type="checkbox"/> | 6 tasty | <input type="checkbox"/> |
| 2 harmful | <input type="checkbox"/> | 7 revolting | <input type="checkbox"/> |
| 3 healthy | <input type="checkbox"/> | 8 filling | <input type="checkbox"/> |
| 4 nutritious | <input type="checkbox"/> | 9 fattening | <input type="checkbox"/> |
| 5 fresh | <input type="checkbox"/> | | |

- a has good effects on your body
- b makes you become heavier
- c full of the natural things your body needs
- d not natural; man-made
- e tastes very, very good
- f makes you feel full, feel that you have eaten a lot of food
- g new; not frozen or in a tin
- h has bad effects; doesn't do you any good
- i tastes very, very bad

11 Look again at the food items on p. 44. Which words above can you use to describe them?

I think yoghurt is ...

Free flow

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12 Talk for two minutes about your eating habits. Talk about:

- what you eat for breakfast / lunch / dinner.
- what your favourites are and how often you have them.
- what you totally dislike.
- what your intake of healthy / unhealthy food is.
- how much fresh food / freshly prepared food you eat.
- if eating together with your family plays an important part.



3



4