

Health and Nutrition

Lack of warnings about how this access to food might affect you.

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Lack of information given on how to regulate your meals and diet

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Eating the same foods can change your taste buds

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Poor mental health because of crappy food

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Overeating can lead to gaining unwanted weight

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Behavioral and Social Impacts

Students might prioritize the convenience over getting good quality healthy food.

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Increased stress on the student

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Disrupted Eating Schedules

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Comparing how others eat compared to you can lead to self-esteem issues

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Eating alone may reduce the options for social interaction

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Lifestyle Habits

Limited culinary skills on behalf of the student

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Dependent on the food the school provides

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Having eating become more of a mindless activity over an actual choice

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Economic and Environmental Conditions

With limited access to food students might throw away perfectly good food or throw away a major amount of food just because they can

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With more options for food the students might get tired/bored of their meals quicker

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Easier to use a meal swipe and get a buffet of unlimited food over using money to get one meal

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Inconsistent food quality

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Some cultures might feel a severe lack in foods they're used to and comfortable with

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Academic and Cognitive impact

A bad diet can lead to decreased concentration and drive

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Eating late and night might lead to a decrease in sleep

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