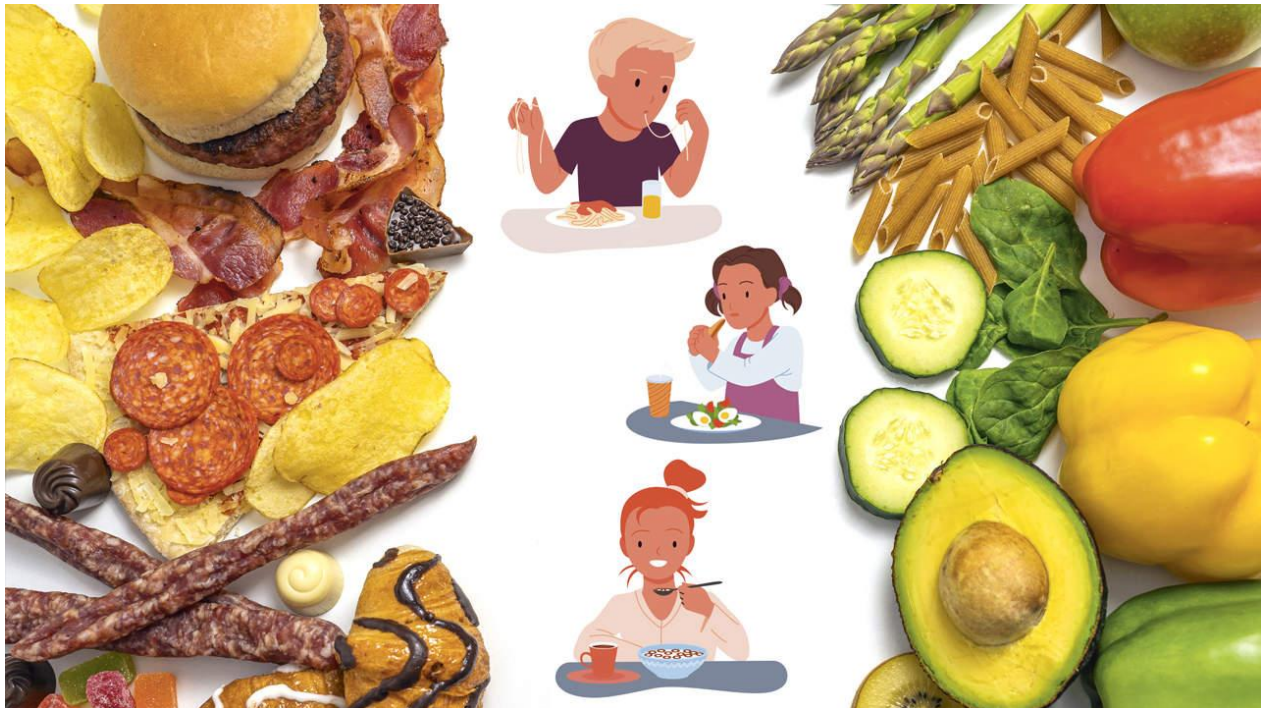


Healthy Meals: School Dinners [A2]

Le scuole del Regno Unito stanno cercando di migliorare l'alimentazione degli studenti. Fra le varie iniziative c'è quella del famoso chef Jamie Oliver.



School dinners (that means 'lunch') are a **hot topic** in the UK these days and there are lots of different opinions about what young people eat at lunchtime. Some people think that school **meals** are unhealthy, some people say that they are much better than in the past and others say that **midday meals** should be free for all schoolchildren.

WHAT IS A SCHOOL DINNER?

More than a third of British school pupils have school dinner. Others take a **packed lunch** to school, prepared at home, or have lunch at home, or even eat at **nearby** take-away restaurants. A typical school dinner costs about two pounds a day for a secondary pupil in the UK. There is usually a **main course**, a dessert and a drink. Parents **often** pay in advance online. School dinners must include food groups such as fruit and vegetables, protein (for example, **meat**, fish or cheese) and carbohydrates (for example, **rice** or pasta). There

are [rules](#) about how the food is prepared: for instance, there are limits on the quantity of fried food served.

NEVERSECONDS

Martha Payne, from Scotland, started a blog called 'Never[seconds](#)' about her school dinners when she was just nine years old. She posted photographs of her lunch every day and gave the food a [gradeout of ten](#). The [grade](#) depended on the quality and quantity of the food and how healthy it was. She didn't always give good [grades](#). Her [complaints](#) included too much fried food, small quantities and hair in the food ([yuck!](#)). Many people read her blog and young people from all over the world posted pictures of their school [meals](#) on 'Never[seconds](#)'.

CELEBRITY INPUT

Jamie Oliver, the celebrity British chef, is passionate about school dinners. He thinks that they need to be healthier and [tastier](#). Jamie helped to promote Martha's blog and 'Never[seconds](#)' became very popular on social media websites. Martha also [raised money](#) for [charity](#) and used it to provide food for more than 600,000 poor children around the world.

Glossary

- **rice** = riso
- **seconds** = bis
- **complaints** = lamentele
- **charity** = beneficenza
- **midday** = mezzogiorno
- **nearby** = nelle vicinanze
- **often** = spesso
- **hot topic** = tema scottante, attuale
- **meals** = pasti
- **yuck!** = che schifo!
- **tastier** = più saporito
- **packed lunch** = pranzo al sacco, schiscetta
- **meat** = carne
- **grade** = voto
- **out of ten** = da zero a dieci
- **raised money** = raccogliere fondi
- **main course** = piatto principale
- **rules** = norme