

# Thread ID: thread\_dwInzh0iZ4m6YNlbHSeXGu4c

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User (08:53:25):

summarise the effectiveness of school dinners in the source

Assistant (08:53:27):

The effectiveness of school dinners, as depicted in the source, can be summarized as follows:

**Children's Acceptance and Enjoyment:** Initially, oatmeal porridge was unfamiliar to most children, with many refusing to eat it. However, over time, it became well-accepted and enjoyed, reflecting adaptability and satisfaction among the students■4:0source■.

**Nutritional and Economical Considerations:** The meals were carefully calibrated to balance nutritional value and cost-effectiveness. Breakfasts and dinners were designed to provide sufficient protein and fat within strict budgetary limitations (1d to 1½d). This attention to detail reflected significant planning and experimentation, particularly by Miss Cu■4:2source■.

**Educational Setup:** Efforts were made to instill discipline and aesthetics in dining practices, such as providing tablecloths, flower arrangements, and encouraging orderly behavior. This likely added a positive influence beyond mere nutrition■4:0source■.

**Impact on Physical Health:** The source included data signifying weight changes among children who received the meals compared to those who did not. This suggests measurable physical outcomes, demonstrating the program's effectiveness in addressing malnutrition■4:2source■.

**Recipe Practicality:** While the meals suggested went beyond typical home recipes, the report attributed this limitation not to the recipes themselves but to societal conditions and upbringing■4:2source■.

Overall, the school dinners were portrayed as a well-thought-out initiative benefiting both the nutritional and behavioral aspects of students, albeit with considerations on practicality and societal challenges.