

Do you have lunch at school? Do you like having lunch at school? 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 school children.

What is a school dinner?

A typical school dinner costs about 2 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 carbohydrate (for example rice or pasta). There are rules about how the food is prepared, for example there are limits on the quantity of fried food