

Pasta and salad all the way!

Students at Stoke High School are on a diet of pasta and pizza.

The debate is centred around whether the students of Stoke High eat healthily during the school day or if they gorge themselves on sweets, chocolate and fizzy drinks.

The students at Stoke High School use McColl's in the morning and afternoon to buy sweets to eat before school or for the journey home. Not many Stoke students go to the Co-Op but if they do, they buy junk food instead of healthy food.

We interviewed a McColl's shop assistant and a Co-Op one.

We asked the McColl's assistant, "Do you think more people buy junk food rather than healthy food in the morning?" They said junk food.

The Co-op assistant said the same thing so this means Stoke students prefer junk food to healthy meals.

We wanted to see what people thought of the meals in Stoke High so we decided to interview a cook.

We interviewed Nina and she said the food is good and has changed over the last few years. It is much more healthy because it is all homemade and has no fatty ingredients.

We interviewed Mr Herbert about what he thinks of the food at Stoke High and he said it is nice food and there is lots of choice and it is very healthy.



Students at Stoke High use the canteen at break and lunch time to buy healthy food like homemade pizza, also there is pasta and healthy sandwiches.

In the future we hope the healthy school program for Stoke High school will encourage more children to eat healthier during the day.

