

# DO SCHOOL DINNERS HAVE AN IMPACT ON MENTAL HEALTH?

Students across the country are suffering from mental health problems. But why is this?



Lots of researchers have proved that most foods make children and adults happier and healthier. So how far do school dinners affect mental health?

Some students find that the portion of the school dinners are small and older students are still hungry after eating the meal, which affects the students' working and concentration and it can hurt the students' ability to build and strengthen their social-emotional skills.

**We interviewed Mrs Tomlinson, who is part of RCS, about school dinners. Here's what she had to say:**

“School dinners have a positive impact on students because you need to eat through the school day to give yourself energy. However, there could be more choice for vegetarians and the portions could be bigger.”

It's unknown whether school dinners directly affect students' mental health but schools could decrease the price of meals, make the portions bigger for older students and make meals more nutritious and healthy. This will alleviate money pressures, hunger problems and health problems. By improving physical health through healthier and more accessible school dinners, it will improve mental health too.

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