



KLA SCHOOL LUNCHES



GROUP MEMBERS

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INTRODUCTION



The reason why we wanted to research the school lunch was because we noticed how after lunch people's heads were hurting and people got sick.

Also, other students throw away the lunch or bring their own lunch because it looks unappetizing.

We wanted to see if lunch has affected students in a bad way, and if it effects their behavior in class, such as if they can focus.

How does the quality of school lunches affect student behavior at KLA?



BACKGROUND INFORMATION

- When students don't have a lot of access to food, their academic performance and development skills can decrease
- Children that eat better food learn more skills and have more energy than students that don't eat food
- Students that don't eat often show more irritability and difficulty focusing while they're in class





METHODS

1. Interviews

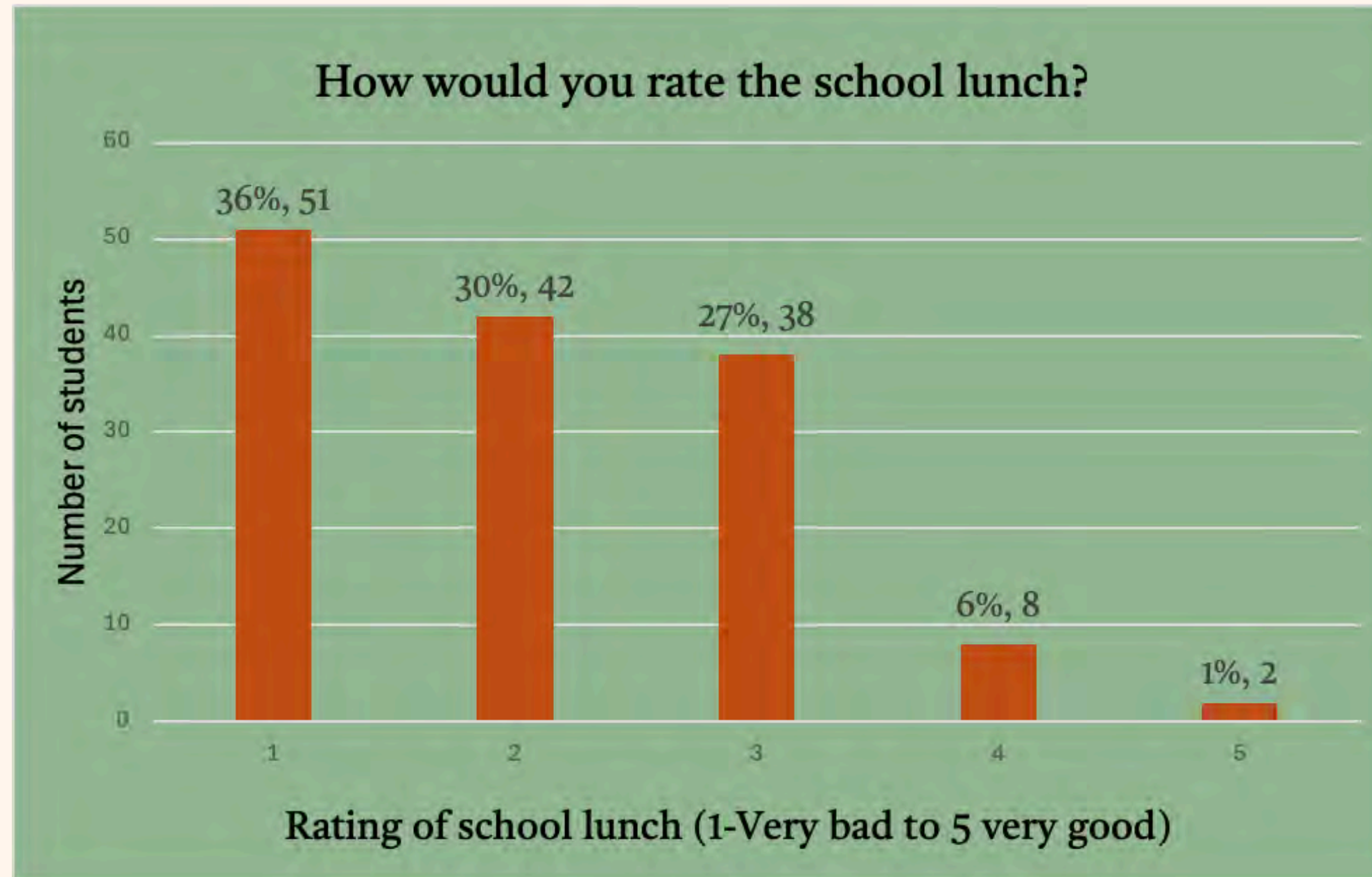
- 6 KLA teachers and administrators

2. Surveys

- 141 reponses from 7th and 8th graders



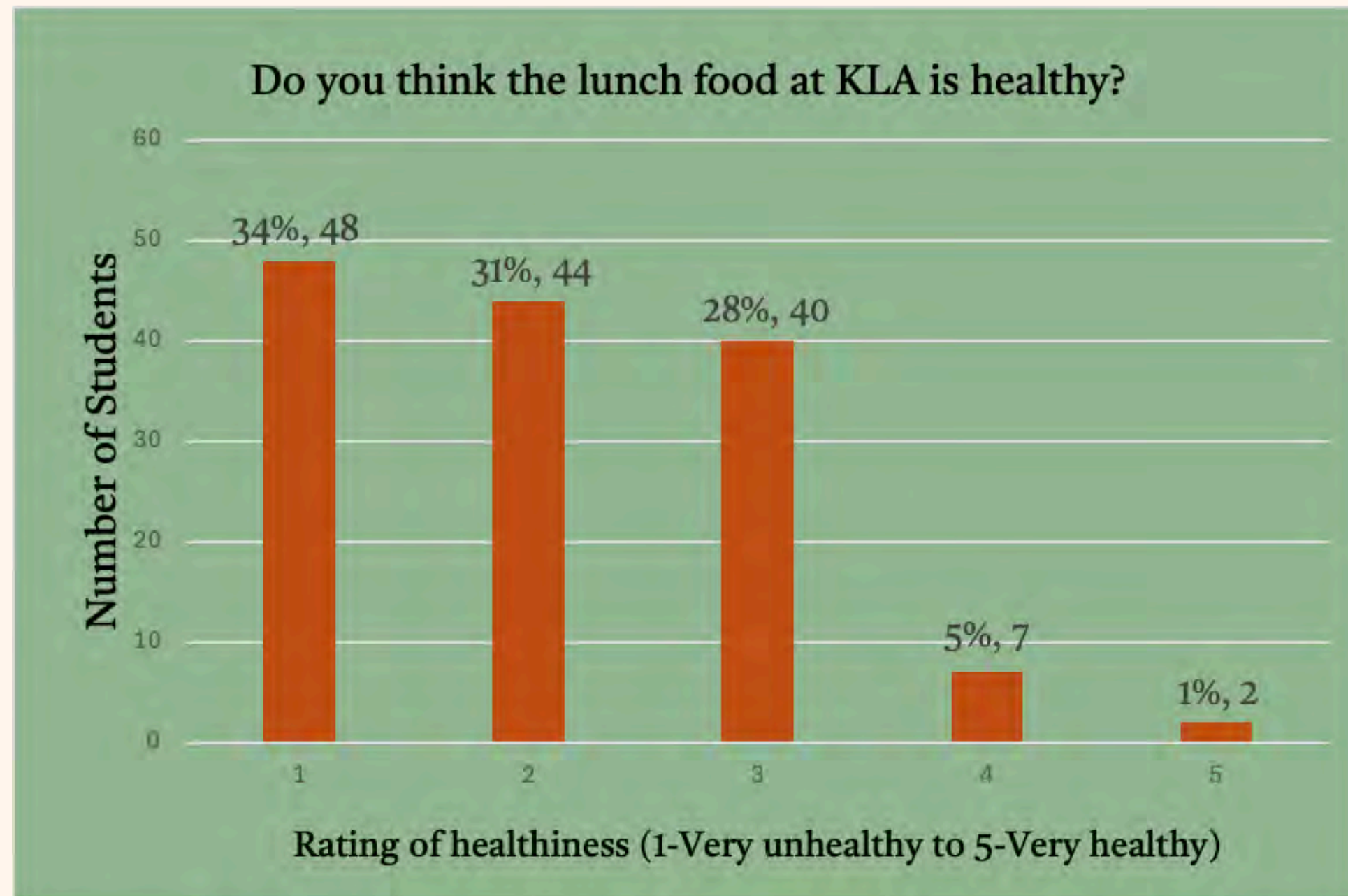
OPINIONS OF SCHOOL LUNCH



“I don’t think all students like the school lunch, which is why we have more kids this year bringing their own lunch from home or just trying to rely on snacks.”

- Member of the School Admin

HEALTH/NUTRITION

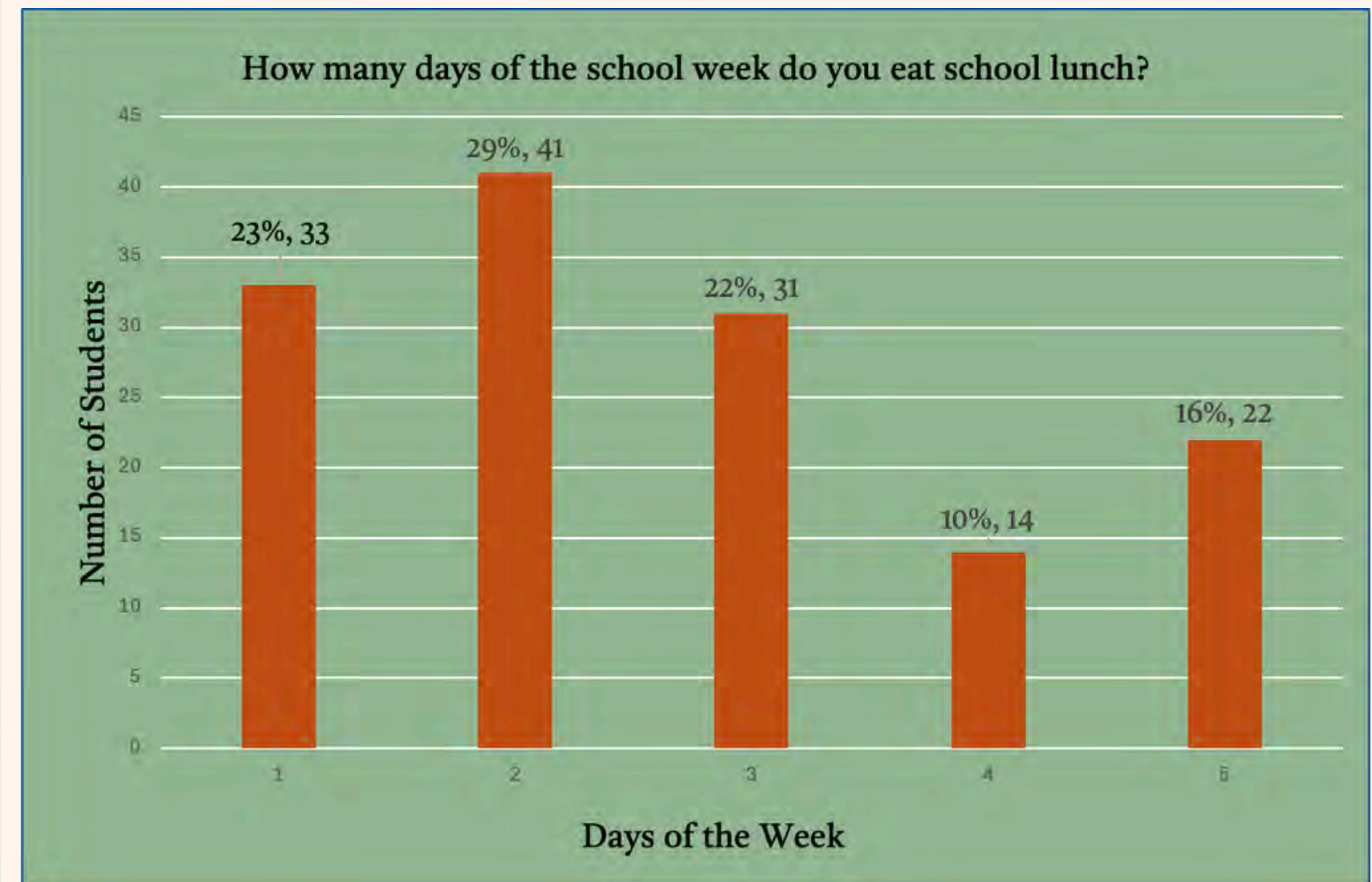
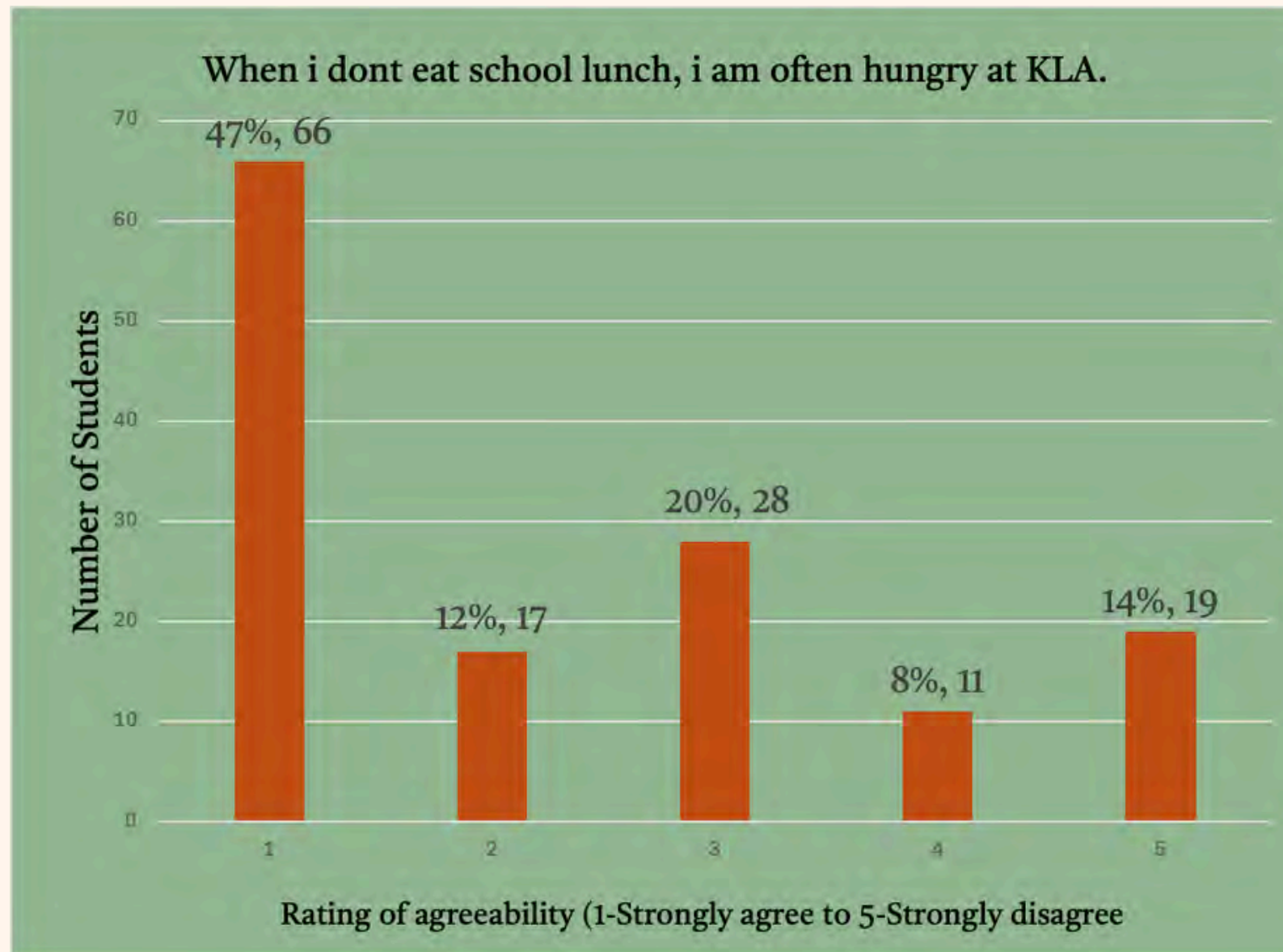


“I think that school lunches can be improved by giving kids a fruit option, a vegetable option.” - 7th grade teacher

“Cutting back on bread and understanding that every child do not drink the milk.” - 7th grade teacher

“I think a nutrition class would be beneficial especially portion control and portion sizes for students because alot of students tend to eat heavy and that either makes them very sluggish or very energetic” - 7th grade teacher

IMPACT ON BEHAVIOR/ACADEMICS



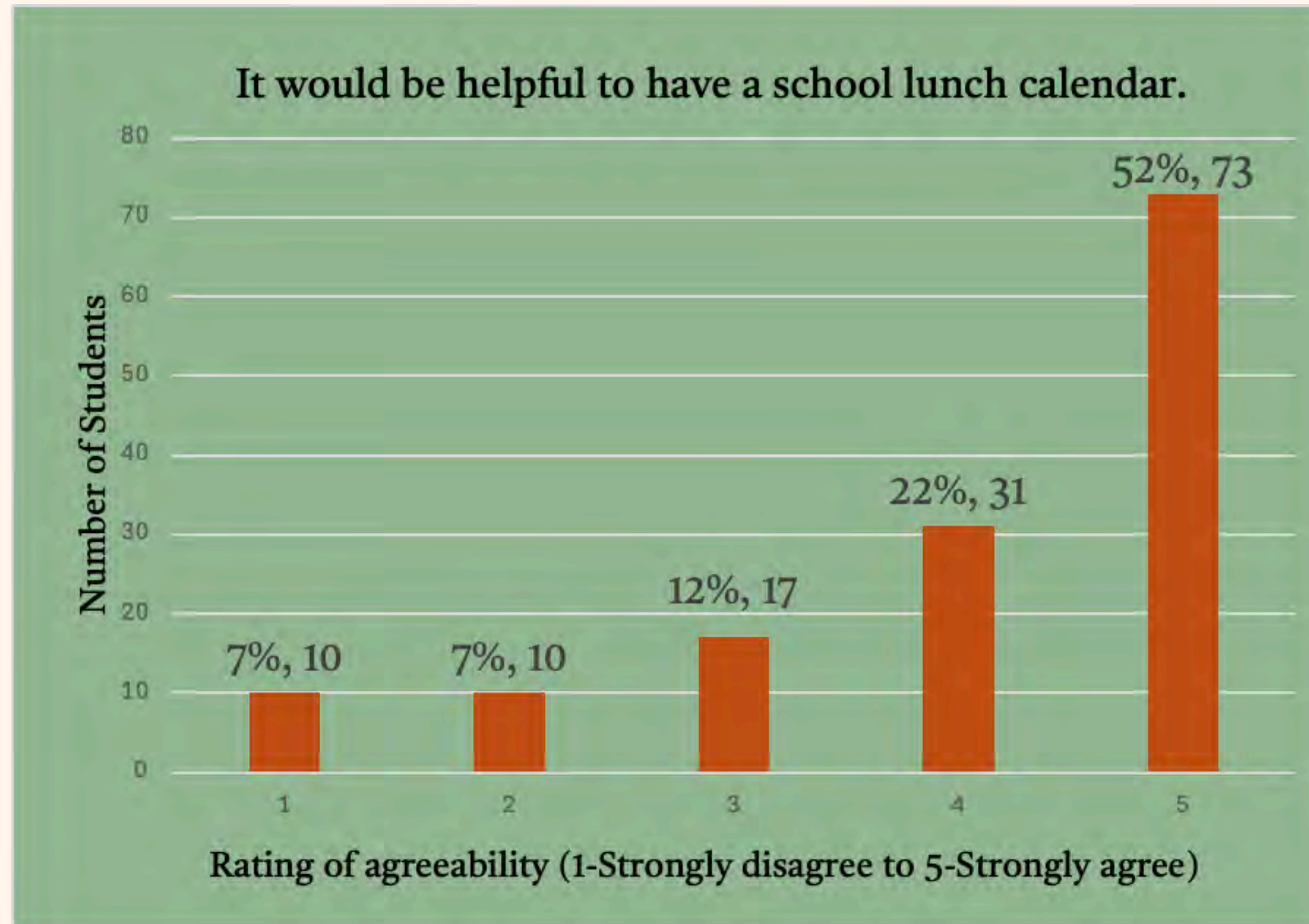
IMPACT ON BEHAVIOR/ACADEMICS

“Those who didn’t eat lunch, they’re complaining that they’re hungry and then they want to snack and struggle to focus and they talk about I didn’t get to eat lunch. So I know that when they’re hungry, they’re not as engaged” - 7th grade teacher

“I see more students if they don’t eat the lunch get more irritable and more aggressive” - 7th grade teacher

“If they haven’t eaten, they might be a little sluggish or a little cranky and whiny. They ask me for snacks and say they can’t think straight” - 7th grade teacher

LUNCH CALENDAR/MEAL PREP



“It gives students more freedom and opportunity to pick and gives them something to look forward to” - 7th grade teacher

“I think by students having a lunch calender they can decide if they want to bring their lunch this day or just eat the cafeteria food” - 7th grade teacher



GOALS FOR KLA

- We want food that tastes good and that students will actually eat
- We want more healthy food options
- We would like access to a lunch calendar, so we can know when or when not to bring homemade lunch
- We want to be able to give feedback on the school lunches





OUR IDEA

YOUR VOICE MATTERS

1. What is an entrée you would like?
2. What is a side you would like?
3. If you could have one thing, what would it be?



**SUGGESTION
BOX**



**THANK
YOU**

