

Healthy Eating Revolution

I stared at my plain brown lunch tray; I could not believe what I was seeing. Where were the vibrant rainbow colours of fruits. The tray shouldn't have food that looked like vomit. It should have different varieties of food types. It smelt like a bathroom that hadn't been cleaned for a long time. It was time to taste it. My food stared at me. It was telling me that I had to eat it. I placed the pizza in my mouth. It tasted completely disgusting and horrible. It was all soggy and cold. I knew that our food was not good enough.

I am here to tell you why you should join the Healthy Eating Revolution. Everyone may think healthy eating is boring and that you would not want to do it. The point of the healthy eating revolution is so that you eat healthy food in a fun way. We have already brainstormed many different and fun adventures for you to experience. The first thing that will be put in place is the Make It Eat It. This program will encourage students to make healthy food. After they make the healthy food, they eat it. They would eat it because it is a fact by studies that children prefer things that they have made by themselves.

You may think that healthy food is too expensive. What you do not notice is that these vegetables and healthy food will be planted in the school garden and taken from the school farm. This will also help with responsibility. You may think that students will start making a riot and even start a boycott. This is not true as there is always going to be some desert afterwards. This dessert will be something simple like some ice-cream.

Who here is ready to join the Healthy Eating Revolution? Together, we can make our schools get filled with healthy eating. This is for student's future. We will make sure that everyone gets included in the program and most important of all we complete our motto. This is Health for Wealth. This means that we benefit as many people as possible by helping them eat healthy food. Join me and we can eat healthy food together!