

THE IMPORTANCE OF HAVING VARIATION OF NUTRITIOUS FOOD IN THE SCHOOL CANTEEN

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School Canteen's role for both teachers and students has a big impact on their wellbeing, as well as other school staff and its community. This place is where people inside the school eat and buy their snacks and lunch. Thus, the school canteen must have clean surroundings, facilities, proper preparation and offer a great variety of foods.

Based on the Department of Health 2013 report, the school canteen is a great place to promote the enjoyment of healthy eating. For students who frequently patronize the canteen, the food purchased makes a significant contribution to their total food intake and nutrition; therefore, it makes sense to ensure the best food possible is available to enhance their ability to learn and take in the learnings presented to them in class.

Food provided at school has a big influence on the development of children's long-term eating habits, food preferences, and attitudes towards food. The school canteen's vital role is to promote healthy foods and create a school culture of healthy eating.

The following are some of the beneficial reasons for the school canteen to offer a variety of nutritious food:

1. **Enjoyment.** The more, the merrier. The food offered in the school canteen must bring enjoyment to its students. This positive aspect will help students to enjoy their stay in school and bring joy to their classes. Enjoyment is brought out after a person satisfies his needs.

2. Good Nutrition. Students will gain a healthier mind and body when he/she eats nutritious food. The school canteen must offer food that is more nutritious because students spend five days of their lunch at school more than at home. Canteens must consider this reason in choosing a menu to offer.

3. Improve academic performance. Other than physical, our mind also needs its proper food. Proper nutrients students may intake help them to improve their performance in class. This is because it gives him more concentration and makes him active while in class.

4. Advisement. A school canteen that offers more nutritious food than unhealthy ones teach students to become more responsible when choosing what to eat. The school canteen should serve as encouragement and a model for its students to become healthy. Since the school canteen is one of the first restaurants for all kids.

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