

# School Lunches Get More Healthful

Farewell, French fries. So long, sugary snacks. Bye, bye, pizza. Those and other high-fat, high-sugar foods soon will be disappearing from New Jersey school cafeterias. They will be replaced by more healthful lunch offerings.

Starting in September 2007, foods that list sugar as their main ingredient will be gone from school menus. So will soda and candy. Water and low-fat milk will be the only drinks for sale in sizes of 12 ounces or larger. Elementary and middle-school students will be able to buy 100 percent fruit or vegetable juice.

In announcing the new school menu rules, New Jersey's acting Governor Richard J. Codey said he hopes to help the state's students develop good eating habits for the rest of their lives. Too many youngsters are eating too much junk food, and they are feeling the effects, said Codey. About 20 percent of New Jersey's students are obese, and another 18 percent are overweight. Children who overeat are more likely to develop illnesses at a young age, including diabetes and heart disease.

## MORE FACTS ABOUT THE NEWS

- "Proper nutrition is crucial to student performance in school," said New Jersey's agriculture secretary, Charles Kuperus. "With these new rules, New Jersey takes a very big step toward improving the health and well-being of our students."



### NEWS WORD BOX

sugary	obese
ingredient	overweight
diabetes	nutrition

### THINK ABOUT THE NEWS

- Do you think New Jersey is on the right track when it comes to school lunches? Why or why not?
- How would you react if your school cafeteria stopped serving pizza or French fries?
- Do you pay more attention to what you put *on* your body or *in* your body? Why?