

Good morning, principal and teachers. Today, I'd like to talk about how to improve the food in the school canteen.

First, I'd talk about the food that students can buy from the tuck shop. After that, I'd talk about why these kinds of food are unhealthy. Finally, I'd suggest some healthy foods to the tuck shop.

In the first place, students can buy instant noodles, fish balls and luncheon meat from the tuck shop now. These kinds of food are unhealthy because they are processed food. Processed foods usually contain preservatives, colourings and flavor enhancers. These food additives can cause health problems, including headaches, allergic reactions and cramps if you eat these processed foods in the long term. Besides, they contain large amount of sodium, which will increase the possibility of getting high blood pressure if we take in too much. Generally speaking, we shouldn't eat too much processed food.

Second, a school tuck shop should make allowance for students' health. The tuck shop should provide the nutrients for students' growth and development. Therefore, I suggest the tuck shop sell some healthy food, such as salad, wholemeal bread and oatmeal. Organic food will make it even better. Vegetables contain Vitamin A, C and calcium. These protective food substances can prevent night blindness, scurvy and osteoporosis. Also, they regulate metabolism and strengthen immunity. Besides, wholemeal bread and oatmeal contain dietary fibre, which can facilitate peristalsis and prevent constipation.

Finally, in conclusion, I would like to say that the tuck shop shouldn't sell processed foods anymore. Instead, it should give a shot to the organic foods. That's all I want to say. Thank you.