



BBC WORLD SERVICE LEARNING ENGLISH

School dinners



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School dinners 校餐

Healthy food for kids

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

In the UK, most children have their midday meal at school, but in many schools, parents can choose what they eat. The children can have a **school dinner** – a hot, cooked meal; or they can take a **packed lunch** with them, which usually includes cold food like sandwiches.

Often parents decide on the basis of what their children want. Cath, a mother of three children told us, “My children have packed lunches, because they say they hate school dinners. So I make 3 packed lunches every morning, so we’re like a sandwich bar in our kitchen in the morning.”

However, another mother, Susan made her choice based on the **nutritious** value of the food. She said, “My daughter’s always had school dinners. I think she probably gets better **healthier** food by having a cooked lunch at school than she would if I made a few sandwiches.”

But how healthy are school dinners? Kaz, a father, wasn’t impressed with them, “**Fizzy drinks** were offered and I think there were a lot of chips.”

The question of how healthy school food is, was **brought to the forefront** by **celebrity chef** Jamie Oliver, who **launched a campaign** to improve children’s nutrition, after spending a year working in a school kitchen. The TV series about the campaign won a BAFTA award this week.

He was horrified at the **junk food** which he saw being served which included burgers, pizzas and chips. So he decided to ban the junk, and started cooking some good stews and curries for the children instead.

So Jamie improved the school dinners in that particular school, and trained the **dinner ladies** to cook healthy food. Then he **put pressure on** the government to improve the standards of school food across the country. And it looks like the changes have begun.

Anna, a pupil at a secondary school told us, “We used to have a **fast food** counter where you got chips and stuff but they stopped that this year. There’s a **salad bar**, which is good, so it’s healthier than it was.”



Glossary 词汇表

school dinner 校餐	cooked meal (热)餐
packed lunch 自备午餐	sandwiches 三明治
on the basis of 基于...	a sandwich bar 三明治吧
nutritious 有营养的	healthier 更为健康的
fizzy drinks 汽水	brought to the forefront 引起重视
celebrity chef 名厨	launched a campaign 发起一项运动
junk food 垃圾食品	stews 炖肉(菜)
dinner ladies 餐厅女服务员	put pressure on 施加压力
fast food 快餐	salad bar 沙拉吧

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假?请圈出正确答案。

1. All children in Britain eat school dinners. True / False
2. Packed lunches usually contain cold food. True / False
3. Kaz thinks fizzy drinks and chips are healthy food. True / False
4. Jamie Oliver thought that there was too much junk food in schools. True / False
5. Anna's school food is more nutritious now than in the past. True / False

2. Anagrams 组词填空

Solve the anagrams.

重新排列组合次序混乱的词语。

- | | |
|-------------------|-------------------|
| 1. wand she is c | a. junk food |
| 2. bald sara | b. packed lunches |
| 3. fund joko | c. sandwiches |
| 4. the ail her | d. salad bar |
| 5. chonn soil red | e. school dinner |
| 6. laced hunk pc | f. healthier |

Then complete the sentences with the correct words.

然后把正确词语填空造句。

1. It's bad for children to eat too much _____.
2. Getting food from the _____ is a healthy option.
3. My mother makes me _____ to take to school.
4. Jamie Oliver wanted to make children's food _____.
5. I like my children to have a hot _____, not a cold snack.
6. Some children prefer _____ to the food at school.

3. Types of adjectives 各类形容词

The first word in each pair is being used as an adjective.

下面每对词语中的第一个词是作为形容词来用的。

Some adjectives are true adjectives, some are the past participle of a verb and some are nouns used as adjectives. Put them into the right column.

英语中某些形容词是单纯的形容词；有些形容词可以以动词过去分词形式出现；还有一些则是名词用来做形容词。请按照不同类型把下列词填入正确表格。

salad bar
packed lunch
healthy food
fast food
cooked meal
baked beans
school dinner
fizzy drinks
sandwich bar

Adjectives	Adjectives from verbs	Adjectives from nouns

Then see if you can put these adjectives in front of a different noun to make a useful phrase.

然后，把这些形容词放到不同的名词前，搭配组成有用短语。

- | | |
|------------|---------|
| 1. salad | potato |
| 2. fast | eating |
| 3. healthy | car |
| 4. baked | uniform |
| 5. school | bowl |
| 6. fizzy | water |

4. Wordsearch 单词搜索

Try to find the words associated with school dinners in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出与校餐有关的英语单词来。

共有10个单词，其组成方式可能以水平的 (g) 垂直的 (i) 或对角的 (m) 形式出现。

j	m	k	l	f	o	o	c	h	p	w	q
h	u	t	v	d	i	n	n	e	r	j	c
s	c	h	o	o	l	z	b	m	l	u	b
a	f	e	g	f	h	u	z	s	n	n	x
l	l	s	l	m	y	p	o	y	c	k	w
v	h	e	a	l	t	h	i	e	r	o	r
d	g	b	n	n	o	o	z	f	b	d	o
f	i	z	s	s	d	i	z	i	o	a	e
o	k	c	a	c	h	w	f	l	p	o	b
t	c	e	l	e	b	r	i	t	y	m	d
t	h	e	a	j	u	m	b	c	r	d	s
p	e	o	d	e	w	p	s	c	h	e	f

fizzy	celebrity	chef	junk	food
healthier	sandwich	salad	school	dinner

Answers 答案

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Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假?请圈出正确答案。

- All children in Britain eat school dinners. **False**
- Packed lunches usually contain cold food. **True**
- Kaz thinks fizzy drinks and chips are healthy food. **False**
- Jamie Oliver thought that there was too much junk food in schools. **True**
- Anna's school food is more nutritious now than in the past. **True**

3. Types of adjectives

The first word in each pair is being used as an adjective.

下面每对词语中的第一个词是作为形容词来用的。

Put them into the right column.

请按照不同类型把下列词填入正确表格。

Adjectives	Adjectives from verbs	Adjectives from nouns
healthy	packed	salad
fast	cooked	school
fizzy	baked	sandwich

Then see if you can put these adjectives in front of a different noun to make a useful phrase.

然后,把这些形容词放到不同的名词前,搭配组成有用短语

- salad bowl
- fast car
- healthy eating
- baked potato
- school uniform
- fizzy water

2. Anagrams 组词填空

Solve the anagrams.

重新排列组合次序混乱的词语。

- c. sandwiches
- d. salad bar
- a. junk food
- f. healthier
- e. school dinner
- b. packed lunches

Then complete the sentences with the correct words.

然后把正确词语填空造句。

- It's bad for children to eat too much **junk food**.
- Getting food from the **salad bar** is a healthy option.
- My mother makes me **sandwiches** to take to school.
- Jamie Oliver wanted to make children's food **healthier**.
- I like my children to have a hot **school dinner**, not a cold snack.
- Some children prefer **packed lunches** to the food at school.

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请在下面的字谜游戏中,找出与校餐有关的英语单词来。

				f								
				d	i	n	n	e	r	i		
s	c	h	o	o	l	z				u		
							z			n		
		s						v		k		
	h	e	a	l	t	h	i	e	r			
				n				f				
			s		d				o			
			a			w				o		
	c	e	l	e	b	r	i	t	v		d	
			a						c			
			d						c	h	e	f