

# Healthy Eating

## Talking Points

### Ways to encourage teenagers to eat more healthily:

- **Make healthy food fun:**
  - ⇒ Organise cooking competitions.
  - ⇒ Create healthier versions of junk food.
  - ⇒ Update family recipes.
  - ⇒ Organise blind food tastings.
- **Integrate food in school subjects:**
  - ⇒ Cover topics such as organic farming, the impact of industrial farming on the environment, food waste, and how food affects our health.
- **Offer cooking classes at school:**
  - ⇒ Learn from a trained chef.
  - ⇒ Learn how to make healthy food.
  - ⇒ Experiment with veggies, herbs, spices.
  - ⇒ Enjoy cooked meal together.
- **Combine food with social media:**
  - ⇒ Start a cooking YouTube channel.
  - ⇒ Create Insta reels or TikToks.
  - ⇒ Track your food habits with an app and compete with classmates.

1. **Make healthy food fun:** Have cooking competitions where teams create a healthier version of their favourite junk food or create an updated version of a family recipe. You can also organise a blind food tasting with exciting new dishes; the possibilities are endless.
2. **Offer cooking classes at school:** Learn important cooking skills from a trained chef, experiment with vegetables, herbs, and spices, and learn how to make healthy food taste amazing. And at the end of each class, students can enjoy the delicious meal together.
3. **Integrate food into different school subjects:** Learn about organic farming, the impact of industrial farming on the environment, how to reduce food waste, and how food affects our bodies and health.
4. **Combine food with digital media:** At school you could present your favourite cooking YouTube channel or Insta cooking star. You could cook, taste, and rate their recipes and post the results on your school website. You could also create your own cooking video or reel, all of course showing healthy dishes, or you could use an app or smartwatch to track your food habits and compete with your classmates in a healthy living challenge.