

Healthy Eating

Talking Points

Ways to encourage teenagers to eat more healthily:

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| <ul style="list-style-type: none"> • Make healthy food fun. ⇒ Cooking competitions ⇒ Healthier junk food version ⇒ Updated version of family recipe ⇒ Blind food tasting | <ul style="list-style-type: none"> • 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 |
| <ul style="list-style-type: none"> • Integrate food in school subjects. ⇒ Cover topics such as organic farming, sustainability, food waste, and nutrition in different lessons. | <ul style="list-style-type: none"> • 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 a creative and updated version of a family recipe or organise a blind food tasting with exciting new dishes, the possibilities are endless.
2. **Offer cooking classes at school:** You can learn important cooking skills from a trained chef where you can experiment with new 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 they have prepared together.
3. **Integrate food in school subjects creatively:** For example, a restaurant game where students design a menu with new, exciting, and healthy dishes they like, type of service, ambience, type of customers, and a catchy name and slogan for their restaurant can teach about food and business. Also, food topics such as organic farming, sustainability, food waste, and nutrition can be integrated in many different subjects at school in an interesting way.
4. **Combine food with digital media:** At school you could present your favourite cooking YouTube channel or Insta cooking star, cook, taste and rate their recipes and post the results on your school website, you could create your own cooking video or reel, all of course showcasing healthy dishes, or you could use an app or wearable device to track your food habits and compare it with your classmates to compete in a healthy living challenge.