

Willy Wonka's Canteen?

Chips, ice-cream, soft drinks, lollies — every child's dream. More! More! More! Who hasn't dreamt of visiting Willy Wonka's chocolate factory? Why can't our school canteens be just like Mr Wonka's factory? After all, schools are full of children. What do children love more than sweet treats? Nothing! But could this idea turn slightly sour?

All children love lollies so why shouldn't there be a good selection to choose from at your school canteen? Chips, ice-cream, soft drink, lollies — the thought of them makes your mouth water. These treats can be bought everywhere else, so why not at school?



School canteens are there to serve the children and make money. Profits would be sure to increase if a large choice of sweets and treats were sold. It's what children want.



However, did you know Australian children are the second fattest children in the whole world? Only America has more fat children. That is not a record we want to hold.



Doctors have reported a huge increase in childhood diseases that are caused by unhealthy eating. The problem is that we eat too much sugar and fat. Sadly those are the main ingredients in all those lollies, ice-creams, soft drinks and chips. Sugar and fat are not bad if eaten in small amounts, but too much leads to big health problems.



While chips, lollies, ice-cream and soft drink can be bought as a treat every now and then, served up daily at the canteen is definitely not a good idea.



No food is a bad food. A little of everything is the way to go. A treat every now and then is okay, but junk food is called junk food for a very good reason. A school's main job is to educate children to make smart choices in life. Will you be smart the next time you go to the canteen?

