Empowered Parents for School Wellness

Myth & Fact Quiz

1. School meals are not healthy.
   MYTH- The National School Lunch and Breakfast Programs require school food service departments to meet high nutrition standards. By law, school lunches must provide an average of 1/3 of the child's daily requirements of protein, calcium, iron, and Vitamins A and C.

2. Only 38% of kids eat breakfast every day.
   FACT-62% of kids don't eat breakfast every day—and 13% of kids don't ever eat breakfast (Wellness Impact Report 2013)

3. Kids are not getting enough to eat at school.
   MYTH- School lunches must meet meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans. The current meal pattern increases the availability of fruits, vegetables, and whole grains in the school menu. The meal pattern's dietary specifications set specific calorie limits to ensure age-appropriate meals for grades K-5, 6-8, and 9-12. Students are encouraged to eat all foods available to assure ample nutrient intake. Additionally, parents should provide children and adolescents with a healthy snack after school and/or before practice. Most children and adolescents need a healthy snack in-between lunch and dinner to fuel their afternoon activities. Plus, it's a great way to get added nutrients from important food groups.

4. School meals are all processed foods.
   MYTH- Although some items in school meals come from a package, more fresh foods are available. Additionally, food manufacturers are meeting the demand and making packaged foods more nutritious and lowering the sodium.

5. Canned fruit is healthy.
   FACT-Canned fruit packed in its own juice or water is a healthy and popular choice for kids. It's familiar to most kids and easy to serve. Although canned fruit is healthy, many schools have expanded their offerings and variety of produce to allow students to choose their favorite option. All students are required to take either a fruit or vegetable.

6. Parents have no control over what is served at school meals.
   MYTH– Parents can get involved with the meals program at their child's school in a number of ways. Talk with your food service director. (Ways to become involved will be shared today at the workshop.)