five or more fruits and vegetables

WHY DOES THIS MATTER?

- When students are included in taste tests of new menu items, they are more likely to consume those items when offered.\(^1\)\(^-\)\(^3\) Incorporating student feedback into menu development is also reported to help school lunch participation.\(^6\)

- Having students give menu items descriptive names that are then displayed in the cafeteria may help increase both fruit and vegetable consumption.\(^5\)\(^-\)\(^6\) Similarly, featuring creative names for fruit items on monthly school meal menus may positively influence fruit consumption.\(^6\)

- Training kitchen staff in scratch cooking methods and decreasing pre-processed meal ingredients can dramatically improve the healthfulness of cafeteria offerings without hurting participation.\(^7\)\(^-\)\(^9\)

References