

## Canteen Crusade- AUDIT

Give two points for YES, one point for SOMETIMES and zero points for NO.

	YES	SOMETIMES	NO
1. Can you buy fresh fruit?			
2. Can you buy sandwiches?			
3. Are they on multigrain or wholemeal bread?			
4. Are there vegetables in hot dishes?			
5. Is there a healthy dairy option like cheese or yoghurt?			
6. Are there healthy food options from around the world, like sushi or pasta?			
7. Can you buy water from the canteen?			
8. Are the sweet treats homemade?			
9. Are most of the items made from fresh ingredients?			
10. Can you buy healthy savoury snacks like dips and vegie sticks?			
SUBTOTAL			
TOTAL			

# Canteen Crusade- AUDIT

Give zero points for YES, one point for SOMETIMES and two points for NO.

	YES	SOMETIMES	NO
1. Can you buy fizzy drinks?			
2. Can you buy fried foods like hot chips or potato cakes?			
3. Can you buy ice-creams?			
4. Can you buy things like pies and sausage rolls?			
5. Are the sweet treats pre-packaged in plastic and bought from another shop?			
SUBTOTAL			
TOTAL			



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## RESULTS

### 20- 30 Points

Your school canteen is pretty healthy! There is a balance of good foods available to you, using fresh and homemade products. There could be a few changes you could make to be healthier, but it looks pretty good! Healthy eating with exercise and enough sleep will make you a happy, healthy person, inside and out!

### 10- 19 Points

Your school canteen needs a bit of improvement. You have some healthy foods available to you, but there are also unhealthy things on the menu. Discuss with a partner what you think these could be. If you eat a balanced diet of healthy, homemade foods, you will have more energy to work and play.

### 0-9 Points

Your school canteen needs a lot of improvement. Nearly all of the foods are unhealthy and don't use fresh ingredients. Eating unhealthy foods can make you tired and unhappy. Discuss with a partner which foods you think are unhealthy and why.

## COMMENTS & REFLECTION

What is good and bad about your canteen menu and why?

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What do you think could be done to improve the situation?

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