Subject: As a class committee, you are making some suggestions to the teacher committee for the school canteen, in order to improve the menu and have healthier options.

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| Introduction: Who are we and our purpose |

We are a committee of A… class and the purpose of this proposal is to suggest some changes for the school canteen menu, in order to have healthier options for our school meals.

The current school canteen menu

As we all know, our school canteen offers a variety of pies, cookies, sweets and other snacks. Even though they are really tasty, and the majority of students prefers them, these are really unhealthy. These snacks are high in either sugar or salt and also contain a lot of saturated fats, which are all bad for our health, as they contribute to health risks. Processed meats, such as ham, salami, sausages, are also proven to be carcinogenic. All these should not be included in the menu in order for the students to avoid eating such harmful snacks.

Our suggestions

Instead, we have some healthy suggestions for the school canteen menu. It would be a good idea to add some fruit or fruit salads and other salads, healthy sandwiches with wholewheat bread and vegetables, cheese and eggs instead of processed meat, yoghurt or even frozen yoghurt, which is a healthier version of ice cream, dried fruit instead of chocolate and sweets, cereal, nuts and oats, fresh orange juice.

All these suggestions are full of nutrients, vitamins and fibre which are really beneficial for our health. Teenagers need these highly nourishing foods in order to grow healthily, fight illnesses and put the foundations for a healthier lifestyle in general.

Conclusion

To sum up, we suggest you should consider our recommendations so as to improve the menu of our school canteen and, consequently, the health of all our schoolmates.