

Vending Machines

Purpose

To debate whether a school should install vending machines to raise money for new playground equipment

Background

Food contains nutrients that provide your body with energy to move, grow, and heal. Your body needs many kinds of nutrients to maintain good health.

Different kinds of foods have different nutrients. It is important to eat a wide variety of foods to get all the nutrients you need. To stay healthy, nutritionists suggest that you avoid fried foods and foods with too much fat in them. Avoiding candy and desserts helps you control the amount of simple carbohydrates you eat. Reading the ingredients on a food label can help you make healthful food choices that will help your body remain strong and healthy.



Situation

The playground equipment at Eatwell School is falling apart and needs to be replaced. Students may get hurt. It is time for new equipment to be installed, but the school must first raise the money to pay for it.

The principal, Mrs. Graham, wants to have vending machines installed in the school cafeteria. The vending machine company has agreed to give the school part of the money they collect. The machines can carry a wide variety of snacks, including some healthy choices. But they also will include sugary, salty, or fatty choices that most people would consider “junk food.”

Proposal

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Pro Card

Who I am:

What's important to me:

Why I like this idea:



Con Card

Who I am:

What's important to me:

Why I do not like this idea:



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Pro Card

Who you are: Andy Active, a student

What's important to you: New equipment on the playground

Why you like this idea:

1. You want the school to replace all of its equipment so there is something to play on.
2. You can practice making healthful food choices when you buy items from the machines.

 Science a-z

Con Card

Who you are: Sari Goodchoice, a parent

What's important to you: Making sure your child gets a balanced diet

Why you do not like this idea:

1. You are concerned about your child getting nutritious meals, limiting sugar, salt, and fat.
2. The school can raise money by holding a fair or a raffle instead.

 Science a-z

Pro Card

Who you are: Mrs. Graham, Principal at Eatwell School

What's important to you: The health and well-being of the students

Why you like this idea:

1. Students need new playground equipment so that they can stay active and safe.
2. The use of the machines can be reviewed after the playground is built.

 Science a-z

Con Card

Who you are: Mrs. Hearty, the school's cafeteria manager

What's important to you: Making sure that the school is not wasting its money or food

Why you do not like this idea:

1. Students will choose snacks from the machines. The hot lunches will go uneaten.
2. The money lost on wasted food will be greater than that gained from the machines.

 Science a-z

Pro Card

Who you are: Mr. Thrifty, school board member

What's important to you: Keeping school costs down

Why you like this idea:

1. Schools cost a lot of money to run. You want that money spent on education, not playtime.
2. Students will eat snacks anyway. Their buying snacks will allow the board to put in new equipment at little or no cost to the district.

 Science a-z

Con Card

Who you are: Bye Local, a farmer

What's important to you: Providing fresh fruits and vegetables to the cafeteria

Why you do not like this idea:

1. If students eat snacks instead, the school may stop buying your food.
2. You have grown extra crops to meet the school's needs. These crops may not be used if vending machines are installed.

 Science a-z