








# THE BIG QUESTION

# Why are we doing this?

There are lots of benefits to healthy debate and discussion.

-  Builds Confidence
-  Develops Critical Thinking
-  Encourages Respectful Dialogue
-  Sharpens Persuasion Skills
-  Connects to Real-World Issues

# Read the article below and watch the video to start thinking about this week's question:

## Deep-fried food banned in new plans for school dinners



Hayley Clarke


Education reporter

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Deep-fried food will be banned and high-sugar items restricted in schools in England under new plans to "overhaul" school dinners.

Home Deep-Fried Food Banned in Schools



**NO** deep-fried foods  
**NO** sugary drinks  
Sugary desserts **once** per week

00:45 Source: Department of Education 02:22

1x ⚙️ 📺 📱 🗑️

### Deep-Fried Food Banned in Schools

Deep-fried food will be banned and high-sugar items restricted in schools in England under new plans to 'overhaul' school dinners.



# **Debate: Should school canteens remove unhealthy foods from their menus?**

**Team A:** Argues that school canteens should remove unhealthy foods from their menus

**Team B:** Argues that school canteens should keep their menus as they are



# Discussion questions:

- What's your favourite food to buy in the canteen?
- Which food that you buy in the canteen would be considered “unhealthy”? How often do you buy these products?
- Should schools be responsible for shaping students' eating habits?
- Should health be prioritised over personal freedom in school settings?
- Would removing unhealthy foods actually change behaviour?
- What alternatives could schools offer instead of banning foods?

# THINK, PAIR, SHARE



# Arguments that schools **SHOULD** remove unhealthy foods from their canteens

## **Schools have a responsibility to protect children's health**

Schools are places of learning — they should model healthy behaviour.

## **Evidence of a serious health crisis**

More than one in three children are overweight or obese by the end of primary school and tooth decay from sugary diets is the top cause of hospital admissions for young children.

## **Healthy food improves learning**

Nutritious meals support concentration, behaviour, and energy levels whilst sugary snacks and fried foods can cause energy crashes.

## **Bans create a healthier default**

Children often choose the tastiest, quickest option — usually the unhealthy one and removing unhealthy choices nudges students toward better habits.

## **Long-term benefits**

Eating habits formed in childhood often continue into adulthood. Early intervention may reduce future NHS costs.



# Arguments that schools **SHOULD** not remove unhealthy foods from their canteens

## **It removes choice and may feel controlling**

Students may feel patronised or restricted, leading to resentment.

## **Bans may not solve the problem**

Students can bring unhealthy food from home or buy it on the way to school and a ban inside school doesn't guarantee healthier eating overall.

## **Funding concerns**

School leaders say the changes require more money. Without extra funding, schools may reduce portion sizes or quality.

## **Healthy food can be more expensive**

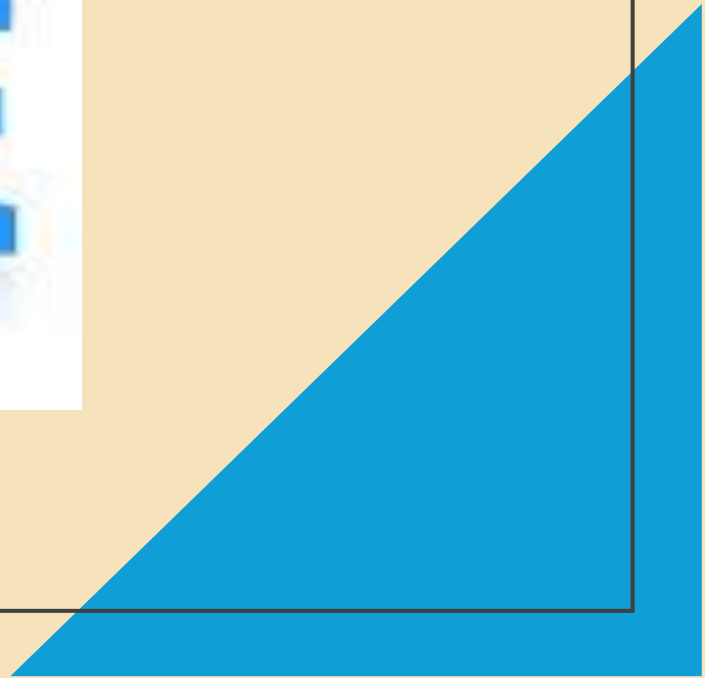
Rising food costs mean schools already struggle to provide nutritious meals.

## **Personal responsibility and freedom matters**

Teaching children to make balanced choices may be more effective long-term.



**TIME TO  
DEBATE**



# If you're struggling with debate...

## Confident & Direct Starters

“I strongly believe that...”

“It’s clear to me that...”

“There’s no doubt in my mind that...”

## Analytical & Evidence-Based Starters

“The evidence suggests that...”

“Studies have shown that...”

“Based on what we’ve learned, it seems that...”

## Thoughtful & Reflective Starters

“From my perspective...”

“I understand both sides, but I think...”

“After considering the facts, I feel that...”

## Curious & Open-Minded Starters:

“I’m still thinking about this, but right now I believe...”

“I’m open to changing my mind, but currently...”

“This is a tricky issue, but I lean towards...”

**Let's vote:  
Should school canteens remove unhealthy foods  
from their menus?**



Follow this link to vote on this week's debate topic:

<https://forms.office.com/e/8yG3sAfZjK>

