Buckingham Palace

Westminster,

London,

SW1A 1AA

Dear Your Majesty,

Having been a member of staff at Burghclere Primary for almost two years, I feel I should share my concerns about the food served in the lunch hall. Serving chips every day is unacceptable and I hope, by writing this letter, to convince you that this must change. Please find below my outlined reasons for this improvement to children’s diet.

To begin with, everyone knows that chips are unhealthy but addictive. They are deep fried in oil or fat which the children eat and enjoy without being aware of the health implications. As I am sure you are aware, chips are very high in starch and too much starch can lead to weight gain. Statistics show that obesity levels are rising in the United Kingdom and the fact that children are exposed to foods such as chips on a daily basis is not helping. A high percentage of starch in children’s diet leads to upset stomachs and consequently, time off school. If children are having time off school, they are missing out on vital learning. Do you want the children of the future to be unable to find jobs?

Secondly, doing the same thing every day becomes monotonous and boring. Children do not thrive in a boring environment and they will become disruptive. Do you think prospective parents would choose a boring school with unmotivated and disruptive children for their four year olds? If you want the pupils at Burghclere to enjoy school, they need to have variety: a variety of lessons, a variety of activities and a variety of meals. There are lots of different carbohydrates, which will give children the same amount of energy as chips. Children should be offered variety.

Finally, every day children should be offered choice. As a society, we are trying to inspire children to become more independent and responsible. To encourage this, we should give children opportunities to make sensible choices from young age. This can start with children selecting their lunches. Do you want children to be independent, responsible and decisive or reliant on others to make decisions for them?

To conclude, chips should be banned from our school due to the fact that children should be allowed to make choices and they are unhealthy. Please consider the points I have raised in this letter carefully and I look forward to hearing your response.

Yours sincerely

Miss H Corner