



Burlington Danes utopia canteen.

Are we eating our salad or is our salad eating us ?

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Burlington Danes Academy

Dua and Maisie investigate the Secrets of 'healthy' foods.

Foods that we are led to believe are healthy have proved us wrong. According to Yahoo, ready-made salad dishes have been known to have "more calories than a big Mac." This is evident as chefs use ham, cheese and salad dressing, among other potentially unhealthy ingredients. This increases the calories but is this what people like? Here are some different views:

Ms Grainger said: "I always have salad dressing on my salad."

Mariam said: "It's yummy but it needs salt."

As you can tell people aren't completely healthy, adding something can change it completely.

Also, the problems are occurring with many different things that we cross everyday. Vitamin water is supposedly a healthy drink full of minerals and a similar substance to water. Vitamin water contains multiple amounts of sugar, which is significantly more than water. Another thing with lots of sugar is granola bars. They are packed with sugar and fat and they are quite hard to digest. This information proves that unhealthy foods are very problematic. Also not everything is what it seems.

To create a balanced diet, we need a variety of foods. Ms hills said: "It's so hard to know what's healthy." This statement proves the struggle for a balanced diet.

Sara said: "It's a shock that these foods aren't always healthy".

A man is meant to have 2500 calories a day. In a standard burger there are 253 calories, whilst in a salad with dressing and croutons there are 425 calories. We asked some people what they think they can do to make their diets healthy:

Nill said: "We can eat more vegetables."

Juliana said: "We can find reliable companies."

Johanna said: "Measure how much we eat using how many calories per serving."

Delilah said: "Look at the ingredients."

So, we should be more aware of what we are consuming.