**Diet and Nutrition**

“Research (UK and international) confirms that children and young people’s nutrition and attitudes towards healthy eating can be positively affected by food growing in schools.”

Food Growing In Schools Taskforce: Main Report March 2012 [**Read the full report**](http://www.gardenorganic.org.uk/organicgardening/food-growing-in-schools.php)

“The children were previously reluctant to eat vegetables, now they’re seriously interested in new tastes and trying new vegetables. Red cabbage was met with interest this December and pupils eventually went back for more. They also favour fruit and organic local yoghurt to desserts and this is having a knock on effect on packed lunches. Pupils are now moderating their parents’ choices to healthy options, which has been a long time coming.”

Headteacher, The Oval Primary School, Birmingham