

# What's happening in the news this week?



Let's have a look at this week's poster!

5th - 11th October 2026



**Who should decide what  
we have for school lunch?**

# Let's look at this week's story

The UK government has announced plans to make food served in schools across England healthier from September 2027. Under the proposed rules, schools would serve more fruit, vegetables and fibre-rich foods, while deep-fried foods and foods containing lots of fat, sugar or salt would be restricted. Schools would still offer familiar meals, but they would use healthier ingredients and cooking methods.



Learn more about this week's story [here](#).  
Watch this week's useful video [here](#).  
This week's Virtual Picture News [here](#).



# How does it make me feel?



## sad

despondent  
disconsolate  
dismal  
doleful  
downhearted  
forlorn  
gloomy  
melancholic  
miserable  
woeful  
wretched

## angry

aggrieved  
annoyed  
discontented  
disgruntled  
distressed  
exasperated  
frustrated  
indignant  
offended  
outraged  
resentful  
vexed

## happy

beaming  
buoyant  
cheery  
contented  
delighted  
enraptured  
gleeful  
glowing  
joyful

## confused

addled  
baffled  
bemused  
bewildered  
disorientated  
indistinct  
muddled  
mystified  
perplexed  
puzzled

## excited

animated  
elevated  
enlivened  
enthusiastic  
exhilarated  
exuberant  
thrilled

## worried

agitated  
anxious  
apprehensive  
concerned  
disquieted  
distraught  
distressed  
disturbed  
fretful  
perturbed  
troubled  
uneasy

## overwhelmed

engulfed  
inundated  
overburdened  
overloaded  
saturated  
submerged  
swamped

## afraid

alarmed  
apprehensive  
daunted  
fearful  
frantic  
horrified  
petrified  
terrified

## guilty

ashamed  
compunctious  
contrite  
culpable  
penitent  
responsible  
rueful

## jealous

bitter  
covetous  
desirous  
envious  
envying  
resentful  
wary

## thankful

appreciative  
grateful  
gratified  
indebted  
obliged  
relieved

## shocked

astonished  
astounded  
disconcerted  
distressed  
dumbfounded  
horrified  
staggered  
startled  
stunned  
surprised

## disgusted

affronted  
appalled  
horrified  
repelled  
repulsed  
revolted  
sickened

## inspired

activated  
encouraged  
exhilarated  
galvanised  
influenced  
motivated

## embarrassed

ashamed  
awkward  
chagrined  
demeaned  
discomposd  
humiliated  
self-conscious  
uncomfortable  
uneasy  
unsettled

## interested

absorbed  
captivated  
curious  
engaged  
enthralled  
fascinated  
gripped  
intrigued  
riveted

**This week's story looks at events related to ...**





Read through the information below and watch the useful video, which explain more about the possible changes to lunches. In your opinion, are the changes positive?

## School Lunches

### What are the changes?

From September 2027, schools across England are expected to follow new rules to make food healthier.

#### More...

- Fruit and vegetables
- Wholegrain foods
- Beans, peas and lentils
- Healthy breakfast choices



#### Less...

- Deep-fried food (none)
- Sugary, salty and fatty foods
- Pizza and sausage rolls
- Cake for pudding (fruit served instead on most days)

### What about packed lunches?

The new rules are for food provided by schools, not lunches brought from home. However, your school may have its own packed-lunch guidance to help everyone bring safe and balanced food.



Schools will still make sure children with allergies, special diets and different beliefs have safe and suitable choices.



Look at the resource below, which shares different food groups that can help to make a balanced diet.

| Food Groups                   | Examples                                                                            | How it helps                                           |
|-------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------|
| <b>Fruit and vegetables</b>   |    | Carrots, broccoli, apples, tomatoes                    |
| <b>Carbohydrates</b>          |    | Bread, rice, potatoes, pasta                           |
| <b>Protein</b>                |   | Beans, lentils, fish, eggs, chicken                    |
| <b>Dairy and alternatives</b> |  | Milk, yoghurt, cheese, alternatives with added calcium |
| <b>Oils and spreads</b>       |  | Olive oil, sunflower oil, vegetable spreads            |

### Did you know?

A balanced diet doesn't mean eating the same amount from each food group.

We need plenty of fruit, vegetables and carbohydrates, some protein and dairy or alternatives, and small amounts of oils and spreads.



Which food groups can you spot in this meal? What fruit or vegetables could you serve alongside this?



Look at the resource below, which shares some example lunches and choices you might need to make.

### Option 1

Rice with lentil curry, then fruit.



### Option 2

Jacket potato with cheese, salad, then yoghurt.



### Option 3

Chicken and cheese sandwich, cucumber, then fruit.



Aisha

I eat vegetarian food. Which main dishes could I choose?



Dylan

My family orders my lunch before I get to school. Which choices can I help with?



Ben

I have a milk allergy. What would an adult need to check before I choose?



Charlie

New tastes and textures can feel difficult for me. I like knowing what my food will be like.

**Do all four pupils have the same choices? What else would you need to know? Which decisions could pupils make, which need adults, and which could be shared?**



**Who should decide what  
we have for school lunch?**

# Reflection



What we eat at school is shaped by many opinions, choices and responsibilities, each bringing something important to what we eat.



# Media Literacy

**I can talk to others about different ideas.**



**Explanation:** Let's think about why it is important to share our ideas and listen to the ideas of others.



**Analyse**



**Evaluate**



**Research**



**Act**

## Questions to Discuss

- Why is it important to share our ideas with others?
- What can we learn by listening to ideas that are different from our own?
- Is it okay to change your mind after hearing someone else's idea? Why?
- How can different ideas help us make better decisions?

## Activity

Read each statement and decide whether you agree, disagree or are not sure.

- 1. Children should have a say in school lunch choices.**
- 2. Healthy food is more important than lots of choice.**
- 3. A school menu can work well for everyone.**
- 4. Sometimes adults need to make decisions, even when children disagree.**

Then, talk to someone with a different viewpoint:

- Explain your viewpoint.
- Listen to their viewpoint.
- Find something you agree on.



**I Really Do Matter!**



**Which British value do you think this week's story highlights?**



**Individual Liberty**  
means having a say  
in the food we eat  
and being able to  
make choices from  
the healthier options  
available.

The **Rule of Law**  
means schools need  
to follow agreed  
standards, to help  
provide healthy  
food choices for  
everyone.



**Do you agree with either person, or think something different?**

# Protected Characteristics



Which protected characteristic do you think this week's story highlights?



The protected characteristic of **age** is highlighted, because it is important that people of every age have access to a healthy and nutritious diet.

Share your thoughts. Do you agree?



Sex



Who People Love



Age



Disability



Being Yourself



Marriage and Civil Partnership



Pregnancy and Maternity



Race



Religion or Belief



# UN Rights of the Child



All children have  
the right to  
nutritious food and  
support to help  
them stay healthy.



# Useful Vocabulary



## Balanced

Having the right mix of different things so that nothing is too much or too little.

However, your school may have its own packed-lunch guidance to help everyone bring safe and **balanced** food.

## Expected

Something that you think will happen or that you are prepared for.

From September 2027, schools across England are **expected** to follow new rules to make food healthier.

## Guidance

Advice or help that shows you what to do or how to make a decision.

However, your school may have its own packed-lunch **guidance** to help everyone bring safe and balanced food.

## Proposed

Suggested as an idea or plan that may happen in the future.

Under the **proposed** rules, schools would serve more fruit, vegetables and fibre-rich foods...

## Restricted

Limited or controlled so that you cannot do or have as much of something.

... while deep-fried foods and foods containing lots of fat, sugar or salt would be **restricted**.

## Suitable

Right or appropriate for a particular person, purpose or situation.

Schools will still make sure children with allergies, special diets and different beliefs have safe and **suitable** choices.

**Can you use them in a conversation this week?**

## Picture News



### Who should decide what we have for school lunch?

The UK government has announced plans to make food served in schools across England healthier from September 2027. Under the proposed rules, schools would serve more fruit, vegetables and fibre-rich foods, while deep-fried foods and foods containing lots of fat, sugar or salt would be restricted. Schools would still offer familiar meals, but they would use healthier ingredients and cooking methods.



- Look at the poster. What do you think this week's topic could be? It's all about school lunches! There have been suggestions to change them. What changes do you think these could be?
- Read through the information on the **Assembly Resource** and watch the useful video, which explains more about the possible changes to lunches. In your opinion, are the changes positive?
- Share what you have for your school lunch. Do you enjoy lunchtime at school?
- Do you believe it's important that you have a say in what you have for your lunch? What are the most important things you think should be considered when lunches are being decided? E.g., healthy, cost, choice.
- What would your ideal school lunch be? Do we all have the same tastes and needs?
- Talk about all the people involved in your school lunchtime. The people who cook food, serve and tidy up, and people supervising. How does each person help to make lunchtime enjoyable and safe?

#### Reflection

What we eat at school is shaped by many opinions, choices and responsibilities, each bringing something important to what we eat.

## Picture News



### KS1 focus

#### What do we mean by a balanced diet?



- Recall this week's story about changes to school food. Why do we eat? Think about having energy to play, learn, grow, and keep our bodies healthy.
- What does the word diet mean? It means the food and drink we usually have. Everyone has a diet - it does not mean eating less.
- Look at **Resource 1**, which shares what makes a balanced diet. Which foods do you recognise? Can you name another food that could belong in each group? Different foods provide different nutrients, which help our bodies work, grow and stay healthy.
- Imagine eating only fruit and vegetables all day. Fruit and vegetables give us some things our bodies need. Would they give us everything our bodies need? What other types of food could we include?
- What might 'balanced' mean when we talk about food? We need a variety of foods in different amounts. It does not mean eating equal amounts of every food.
- Look at the jacket potato meal on **Resource 1**. What ingredients can you see? Which food groups do they belong to? What could you serve alongside this meal to add more variety?
- Do you think we need something from every food group at every meal? Why? Can a balanced diet be more about a range of foods over a day or a week?
- How could you now explain a balanced diet to someone else?

#### Reflection

A balanced diet includes a variety of foods in different amounts, helping our bodies get the nutrients they need to stay healthy.

## Picture News



### KS2 focus

#### What are some of the lunchtime choices we have in schools?



- What choices might children have at lunchtime? Think about school meals, packed lunches, main dishes, accompaniments and drinks. Which are available in your school?
- When are your lunch choices made? Some families order meals in advance, while some children choose at the serving counter. Which decisions might be made by children, families or school staff?
- Look at the example lunches on **Resource 2**. Which would appeal to you? Why? Would you always make the same choice? What information might help you decide?
- Read the pupils' comments. Do they all have the same options? How is preferring not to eat a food different from needing to avoid an ingredient because of an allergy? How might unfamiliar tastes or textures affect someone's choice?
- What else might affect the choices available? Think about nutrition, cost, beliefs as well as the time, ingredients and equipment available to kitchen staff.
- Would a menu with lots of options always be better? What might happen if there were too many dishes to prepare, or if food went uneaten? Could a smaller menu still give children choices they enjoy and can eat?

#### Reflection

Our lunchtime choices depend on what is available, as well as what we need, enjoy and can eat. These differ for everyone.

# Picture News



## KS2 follow-up ideas

### Option 1

Discuss what matters when choosing school lunches.

Ask children to choose the two things they think are most important, considering:

- Healthy food
- Cost
- Allergies
- Foods children enjoy
- Different cultures
- Food waste

Compare your choices with a partner.

### Option 2

Create a survey to find out what your class would like to see on the school lunch menu.

Ask your classmates to choose their favourite options, thinking about lunches that:

- Give them energy
- Help keep them healthy
- Taste good

Count the results.

**Think about:** What did your class want most? What do you think is important to think about when choosing school lunches? Why?

# Picture News



## KS1 follow-up ideas

### Option 1

Create your own lunch plate by choosing:

- Something that gives you energy
- Something that helps keep you healthy
- Something colourful
- Something you enjoy

Share your lunch plate with a partner and explain one of your choices.

### Option 2

Display a simple selection of 6–8 vegetables with clear prices on the board.

Ask children to imagine they are shopping at the greengrocer with £1 to spend.

- Choose 3 vegetables you would like to buy.
- Add the prices together.
- Work out how much money you would have left after buying them.

Compare your shopping with a partner.

**Think about:** Did you choose the same vegetables? Did you spend the same amount?

# Picture News



## This week's useful websites

### This week's news story

[www.bbc.com/news/articles/cy4zrepw78eo](http://www.bbc.com/news/articles/cy4zrepw78eo)

### This week's useful video

[www.bbc.com/news/videos/cm4g59r1r264o](http://www.bbc.com/news/videos/cm4g59r1r264o)

### This week's Virtual Picture News

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

### This week's vocabulary

#### Balanced

Having the right mix of different things so that nothing is too much or too little.

However, your school may have its own packed-lunch guidance to help everyone bring safe and **balanced** food.

#### Expected

Something that you think will happen or that you are prepared for.

From September 2027, schools across England are **expected** to follow new rules to make food healthier.

#### Guidance

Advice or help that shows you what to do or how to make a decision.

However, your school may have its own packed-lunch **guidance** to help everyone bring safe and balanced food.

#### Proposed

Suggested as an idea or plan that may happen in the future.

Under the **proposed** rules, schools would serve more fruit, vegetables and fibre-rich foods...

#### Restricted

Limited or controlled so that you cannot do or have as much of something.

... while deep-fried foods and foods containing lots of fat, sugar or salt would be **restricted**.

#### Suitable

Right or appropriate for a particular person, purpose or situation.

Schools will still make sure children with allergies, special diets and different beliefs have safe and **suitable** choices.

# TAKEHOME

5th - 11th  
October



## In the news this week

The government has announced plans to make food served in schools across England healthier from September 2027. Under the proposed rules, schools would serve more fruit, vegetables and fibre-rich foods, while deep-fried foods and foods containing lots of fat, sugar or salt would be restricted. Schools would still offer familiar meals, but they would use healthier ingredients and cooking methods.

### Things to talk about at home ...

- > Who usually decides what your family eats at home? Do you take turns? Does everyone help choose meals?
- > What are some of the things you think are important to consider when choosing what we eat?
- > If you could suggest one new school meal, what would it be?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)



## A Paw-some New Bridge!

A special bridge is being built in California, USA, to help wild animals safely cross a busy road. The Wallis Annenberg Wildlife Crossing will go over a 10-lane road near Los Angeles, USA. It will be covered with plants and will give animals a safe way to travel from one side to the other. Mountain lions, coyotes, deer and black bears are some of the animals that could use the crossing.



Source: The Wallis Annenberg Wildlife Crossing on Facebook.

Instead of trying to cross the busy road, they will be able to walk safely over it. Wildlife crossings like this are becoming more common across the USA. Some are bridges, while others are tunnels that go underneath roads. There are now more than 1,000 wildlife crossings across the country. The new crossing is due to open in December.



Pictured: A special bridge for wild animals.  
Source: The Wallis Annenberg Wildlife Crossing on Facebook.

## Back to the Library

A magazine, borrowed from a library over 130 years ago, has finally been returned! The September 1894 issue of The Century Illustrated Monthly Magazine was borrowed from Concord Public Library in New Hampshire, USA. It was returned after the library announced that it would stop charging fines for overdue items for a year. John, who found the magazine at his home, said it had been 'hanging around' his house for decades, but he didn't know how it had got there! After reading about the library's fine-free period in a local newspaper, he decided it was time to bring it back. The



Pictured: John returns the very overdue magazine.  
Source: Concord Public Library on Facebook.

magazine was 48,220 days overdue! If the library had charged its usual fine, John could have owed \$12,055 (£8,950). Luckily, he didn't have to pay anything. The magazine is too old to be borrowed again, but the library may put it in a special section about local history instead.

### Do wild animals have as much right to the land as we do?



Yes, wild animals are very important and it's their land too. We need to protect all animals.

Meghan

## Baa-rlliant Tapestry

There is a new tapestry visitors can go to see in London! The Natural History Museum has announced that it will be displaying the Baa-ewe Tapestry until 1<sup>st</sup> November. The 7-metre-long textile artwork, inspired by the world-famous Bayeux Tapestry, celebrates Shaun the Sheep and his new film, The Beast of Mossy Bottom. It took over 180 hours and a team of 15 designers to create the tapestry, from over 5km of yarn. It was recently unveiled by Olympic diver and knitting fan, Tom Daley, who added the final stitches to the giant



**Pictured:** The Baa-ewe Tapestry. **Source:** Natural History Museum, London on Facebook.



**Pictured:** Tom Daley, adding Shaun the Sheep's sweater to the Baa-ewe Tapestry. **Source:** Natural History Museum, London on Facebook.

Baa-Ewe Tapestry. The Olympic gold medallist created a pink and purple Shaun the Sheep sweater vest to add to the tapestry, as well as a matching one for himself saying, 'Tom the Human'. Tom shared, 'I'm so thrilled to be involved in this amazing celebration of creativity, and I can't wait for everyone to see the beautiful tapestry the team have put together... when he asked me to design him a bespoke piece of knitwear, I simply had to say yes!'

**Do you enjoy needlework?**

**What story would you tell if you created a tapestry?**

## 'Phenomenal' Floating Wetland

Bristol has a new goal – to become the UK's first wetland city as part of its ecological recovery plan! Planet Wild, the Wildfowl and Wetlands Trust, and engineers at Biomatrix are working together on new floating wetlands, that are hoped to bring plants and wildlife to the city's iconic harbour. Sam Bentley, a social media creator who focuses on sustainable living and good news, explained his involvement in the project. He posted, 'I headed to Bristol to build a floating wetland that is now living in the harbour next to the SS Great Britain, with the great people at Planet Wild, the WWT and Biomatrix! And these wetlands are phenomenal.'



**Pictured:** The floating wetland in Bristol. **Source:** Sam Bentley on Facebook.

Above water, the layered planting provides an oasis for pollinators and a safe haven for nesting birds. But the real magic happens down below, where the roots hang deep into the water, providing shelter for fish, regulating the water temperature and absorbing urban pollution from the river.'

**Do you think Bristol will achieve its goal? Would you like to see a floating wetland?**

### Do wild animals have as much right to the land as we do?



I think that we need to try to do what is right for all animals, we all live on this planet together.  
**Jade**

