

Tokyo, Japan



Miso soup

This is a traditional Japanese soup consisting of a stock called “dashi” and softened miso paste. Many other ingredients can be added depending on season and personal preference.

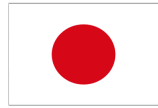
Tokyo, Japan



Grilled Mackerel

Mackerel is a type of fish commonly eaten in Japan. Seafood is a large part of their diet.

Tokyo, Japan



Rice

Rice is the most widely consumed staple food for a large part of the world's human population.

Tokyo, Japan



Orange

Oranges are a great source of vitamin C, and also contain some vitamin B-6, vitamin A, and calcium.

Tokyo, Japan



Milk

Milk is a good source of calcium and vitamin B-12.

Lucknow, India



Dal

A thick stew made from pulses (crops like lentils, peas, or some beans) and seasoning that is a great source of protein

Nantes, France



Bread

Bread is common all over the world, but how people make it isn't always the same. In France, bread has a crunchy crust with a very light center.

Nantes, France



Salad

Hippocrates, the Greek medical practitioner and "Father of Western Medicine," was the first person to suggest that people eat salads first, because he believed vegetables slipped through the system and didn't cause obstruction for food that followed.

Nantes, France



Roast chicken

Chicken is a lean meat, which means that it is a good source of protein without all of the fat that some other meats hold.

Nantes, France



Vegetables

Generally served with a type of meat like roast or chicken, some veggies like tomatoes, peppers, or potatoes could be cooked and served in French schools.

Nantes, France



Cheese

Cheese is another dairy product that is full of vitamins like calcium. Cheese can also be a good source of protein. And don't forget how tasty it is!

Nantes, France



Tart

A tart is kind of like a pie, but they are smaller and are served in what they are baked in. It can be either sweet or savory, and only has a bottom crust.

Nantes, France



Water

Staying hydrated is important! One study by Loughborough University found that a 5% drop in water levels in the body can cause a 25-30% loss in energy.

Mexico City, Mexico



Fruit

What's the difference between a fruit and a vegetable? A fruit has a seed or a pit, whereas a vegetable is the vegetative (stems, roots, or leaves) part of the plant.

Mexico City, Mexico



Flavored drink

Though many schools around the world have started banning sugary drinks and pops, they are still quite common in Mexican schools.

Mexico City, Mexico



Torta

Tortas are Mexican sandwiches with a wide variety of meat, cheese, and vegetable toppings.

Mexico City, Mexico



Chips

Though some salt is good for us, too much can be an issue. Chips are known for having high levels of sodium without much of the good stuff that human bodies need.

Dadaab Refugee Camp, Kenya



Hot porridge

This porridge is provided by the World Food Programme, a United Nations agency that helps feed millions of people around the world that need help. The porridge is a nutrient-fortified blend of corn and soybeans.

Toronto, Canada



Sandwich

Sandwiches are common and easy ways for students in Canada to get protein, carbohydrates, and even some dairy or vegetables.

Toronto, Canada



Package of cookies

Cookies are tasty and easy to pack in a lunch, but do you think they're very healthy?

Toronto, Canada



Sugary drink

These sugary pops and drinks can be loaded with calories with almost no other health benefits. Too many calories and not enough nutrients can cause health issues.

Toronto, Canada



Carrots

These crunchy, orange veggies are packed with vitamin A and are easy to pack in a lunchbox.

Belo Horizonte, Brazil



Rice

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Belo Horizonte, Brazil



Beans

Beans are a great source of protein! Did you know beans are legumes? That means their seeds are grown in pods.

Belo Horizonte, Brazil



Grilled beef

Grilling meats, as opposed to frying them, is a good way to make sure there's as little extra fat or carbs as possible.

Belo Horizonte, Brazil



Potatoes

Potatoes are tubers, meaning that they are essentially underground food reserves for the plant. Tubers are thickened areas in a plant's rhizome (underground stem).

Belo Horizonte, Brazil



Fresh fruit

Bananas, pineapple, or guava could all show up in a Brazilian school lunch. Yum!

Belo Horizonte, Brazil



Juice

Fruit juices can have lots of vitamins, like vitamin C and B-6, but pay attention to sugar content. Some juices can have lots of it!

Dubna, Russia



Borscht

Made from beets, this soup is rich in fiber and other nutrients.

Dubna, Russia



Beef

Beef contains 10 essential nutrients, including protein, iron, phosphorus, riboflavin and niacin.

Dubna, Russia



Kasha

Kasha is a type of porridge that Russians have enjoyed for a very long time! It is made from toasted buckwheat, oatmeal, or other cereals.

Dubna, Russia



Bread

Bread became a very important part of the meal during the Soviet era. Though it isn't packed with vitamins, it is a common way to obtain needed carbohydrates and calories.

Dubna, Russia



Compote

Compote is a fruit drink made from boiling fruits in sugar and water. When the drink is gone, you can eat the fruits at the bottom!

Cusco, Peru



Potatoes

Potatoes are tubers, meaning that they are essentially underground food reserves for the plant. Tubers are thickened areas in a plant's rhizome (underground stem).

Cusco, Peru



Maize

Most parts of the world call corn "maize." Isn't that *a-maize-ing*?

Cusco, Peru



Quinoa

Quinoa (keen-wah) is a seed that is cooked into porridge or eaten like rice. It's full of fiber and protein.

Cusco, Peru



Cuy

Cuy (or guinea pig) has been an important source of protein for the Quechua people for centuries. It can be fried, roasted, or boiled whole.

Roswell, United States



Pizza

A lot of foods in American schools are premade, and frozen or canned for easy food prep in the kitchen. However, some schools have been working to make their meals more healthy.

Roswell, United States



Fruit

Fruits are a great source of vitamins and minerals, and some schools have been working to plant their own gardens or use fresh fruits and veggies through a Farm to School program.

Roswell, United States



Corn

Sweet corn (different from field corn or popcorn) is a favorite vegetable option in many U.S. schools. Corn is a source of vitamin C, manganese, and potassium.

Roswell, United States



Milk

Milk is a good source of calcium and vitamin B-12.

Kandahar, Afghanistan



High-energy biscuits

These biscuits, fortified with extra vitamins, minerals, and protein, are donated from the World Food Programme. WFP is a United Nations agency that helps feed in-need people all over the world.

Birmingham, England



Roast beef and gravy

This is a popular English meal, and is rich in protein — and flavor!

Birmingham, England



Yorkshire pudding

This is a cooked pastry that originated as a cheap side dish to roast dinner. It is made with eggs, flour, and milk or water.

Birmingham, England



Carrots

Carrots are packed with vitamin A and are England's second favorite veggie.

Birmingham, England



Potatoes

Potatoes are tubers, meaning that they are essentially underground food reserves for the plant. Tubers are thickened areas in a plant's rhizome (underground stem).

Birmingham, England



Peas

Peas are a common pulse crop and they have tons of vitamin C (almost 97% Daily Value)!

Birmingham, England



Water

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Shanghai, China



Rice

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Shanghai, China



Pork

Pork is the most commonly consumed meat worldwide, and Iowa produces more of it than any other state in the U.S.!

Shanghai, China



Vegetables

What's the difference between a fruit and a vegetable? A fruit has a seed or a pit, whereas a vegetable is the vegetative (stems, roots, or leaves) part of the plant.

Shanghai, China



Soup

In China, it's only polite to slurp your soup or noodles!