

# Comparing food in schools

At our school "Gymnasium An der Stenner" in Iserlohn we are not allowed to eat in class during lessons. However, we are allowed to eat and drink something during the breaks. Moreover, if the teachers say so, we are also allowed to drink during a lesson. The only places where we are not allowed to eat and drink at all are the science rooms since you could get poisoned when eating or drinking there.

What is more, drinking alcoholic drinks and chewing gum at school is forbidden. If you do not obey these rules, you will be sanctioned, i.e. you will have to do "Mensadienst" or "Pickdienst". So, either you have to sweep the floor and clean the tables in our canteen or you have to pick up the rubbish on the schoolyard during the breaks.

Furthermore, we are not allowed to order food from outside the school premises as the school has its own canteen where you can buy different kinds of food such as snacks in form of rolls or pieces of pizza, a proper and healthy lunch, that you have to order in advance, or desert.

These rules imply some advantages and some disadvantages:

## Chewing gum

Rule: In exams you are allowed to chew gum if the teacher says so..

Advantages:

- It promotes concentration.
- Chewing gum calms the nerves.
- It hardly disturbs anybody.
- It's legitimate since the teacher has given his / her permission.

Disadvantages:

- Many students spit the gum on the floor or glue it under the table, the chair or the railing.
- The smell and the smacking might disturb the classmates.
- It's almost impossible to prevent students from chewing gum.

## Eating and drinking during lessons:

Advantages:

- Drinking and eating are basic needs which students should be allowed to satisfy if necessary.
- Drinking and eating supply nutrients and calories that are essential to work efficiently.

Disadvantages:

- Other students feel disturbed when someone sucks at his / her bottle or chews his / her food loudly.
- Some students don't pay attention to the lessons while they are eating and drinking.

## Negative Sanctions:

Advantages:

- Students won't disobey the rules again if there are consequences.
- Punishment is needed because students need to learn to respect rules and teachers' orders and expectations, when they exhort them and make the students aware of the rules.
- The schoolyard and the cafeteria remain clean.

Disadvantages:

- Some students won't admit their wrong behaviour and won't stop it, even if there is a negative consequence.
- The students might ignore the sanctions and then it there will be more negative consequences.
- Students are not declared to be of age and there freedom is restricted. It is assumed that they cannot behave, i.e. eat and drink, appropriately but need rules that prevent them from disturbing others.