

To whom it may concern,

In our society today, there are so many different types of different foods that anybody on any given day may purchase. But, with that, comes all of the sugary, fatty, and unhealthy foods. And as we are two Berkeley High School seniors and a sophomore, we are more than concerned with these issues entering our school's community. We are a part of a focus group that is trying to make a change around campus by making healthy and affordable food more accessible to students. We plan on doing so with the creation of a new cooking/nutrition class at Berkeley High. We like to eat healthy, but sometimes we can't because of accessibility and affordability. We strive to educate Berkeley High students on how they can eat healthier both at school and at home. As things like obesity and type two diabetes are starting to become more common, it is time that Berkeley High becomes aware of this issue and makes change. In this group, we are more than striving to advocate for the food that we deserve. We're the youth, the future generation, and this group has given us the space to share our voices and give us an outlet to advocate for the needs of the students.

In Berkeley the Elementary Schools and Middle School all have cooking and gardening to some degree; if they can do this why can't we at BHS? We feel that we need this type of education even more than younger students because we're at a point in our lives where we can utilize the knowledge and skills we can gain from this course. We have more control over our lives and our ability to decide what to eat. As Seniors we feel this is very important, those of us going off to college want to be more independent and self reliant, capable of feeding and self sustaining ourselves. We're the next generation of leaders and we acknowledge that we need to eat healthy to have clear minds; how can we make good decisions and be strong role models if we don't know how to eat healthy? We need healthy minds so we don't speak nonsense.

We know that the food you eat makes a huge difference on your day-to-day life, and that overeating is a huge issue. However, we also know that it's hard to overeat vegetables!

As students we know it's hard to focus when you're hungry or have eaten unhealthy food. It has been scientifically proven that the type of food you put into your body, is what will show physically to an extent. If you are feeding your body healthy, nutritional, and the necessary foods it needs you will of course have more energy, possibly be in a better mood, and with that equals better students. We want to make long lasting impacts on how people eat, and have them learn how to choose food that will sustain them their whole lives. We want access to healthier food - we want to see more people snacking on veggies! As a Sophomore I want to see the impact of this class and the changes it makes on campus.

We've enjoyed being in this group; it feels impactful, we feel useful and that our voices are being recognized. This group makes us feel smart and empowered; we hope that this course at BHS will have the same effect. In the 9th grade we learned about factory farming and how problematic our meat systems are in the US. However, we felt that there wasn't enough education around what the next steps were and what we could do to make a change; we weren't

presented an alternative. It felt patronizing that we were told meat was bad, but we weren't left with tools to do anything about it. We want this class to be a space that doesn't just tell you to eat healthy, it will show you how to and leave you with valuable tools to do so.

Thank you for taking the time to listen to our representatives, we hope you approve this course for a healthier, happier and more successful Berkeley High!

Sincerely,

Berkeley High's fellow students