

# EXTREME REVERSE MENTORING



Kids in the United Kingdom today have a much improved standard of food in school canteens. Work places could learn a lot from schools and how they encourage healthy eating. Could we encourage adults to be healthier in the same way we encourage kids?

Thanks largely to celebrity chef Jamie Oliver in recent years in the UK there have been huge improvements in the standard of food provided in schools across the country.

Work places could benefit from collaboration with schools and learn from how they encourage healthy eating.

Could children actually teach adults a thing or two about their diets?

As it is now normal for children to be aware of their own diets from an early age because of school food systems, adults may be able to learn some valuable lessons from their kids. Perhaps a 'bring your child to work day' would provide some insight into what they think of a work place's food options?

Many school canteens apply simple presentation techniques to nudge the children towards a healthier option. For example placing healthier foods at eye level is a very successful technique. There is no force, individuals are empowered to make their own choices, it is just a system of encouragement.

There are charities and other organisations in place to help schools provide a high standard of food. Work places could do well to collaborate with some of these organisations and ultimately promote a healthier life style.