

Indonesia launches free school meals programme

9th January 2025



Indonesia has started a scheme to provide free school meals. It is called The Free Nutritious Meal Programme. Over 570,000 children and pregnant women received a free breakfast when the idea started on Monday. Cooks in more

than 190 kitchens in 20 provinces helped to cook and serve the free food. More kitchens will start as the programme spreads nationwide. The plan was an election promise of President Prabowo Subianto. He hopes to feed a quarter of Indonesians by 2029. This will cost \$28 billion. Around 82 million people will get free food by that year. Mr Subianto wants to end malnutrition in Indonesia. Around 21.5 per cent of children younger than five years old suffer from poor nutrition.

President Subianto spoke about his hopes. He said: "Too many of our brothers and sisters are below the poverty line. Too many of our children go to school without breakfast." Many parents were happy. Hana Yohana, the mother of an elementary school child in the capital Jakarta, spoke to reporters. She said: "Thank God. This really helps us. We normally have to work hard preparing food every morning, but now we don't." Government spokesperson Hariqo Wibawa Satria spoke about the free meals. He said: "This is a historic moment for Indonesia. For the first time, our country is conducting a nationwide nutrition program for toddlers, students, and pregnant and breastfeeding mothers."

Sources: [aljazeera.com](https://www.aljazeera.com) / [arabnews.com](https://www.arabnews.com) / [apnews.com](https://www.apnews.com)

Writing

All children should receive a free meal at school. Discuss.

Chat

Talk about these words from the article.

Indonesia / nutrition / meals / pregnant / breakfast / cooks / kitchens / free food / hopes / brothers and sisters / elementary school / reporters / historic moments

True / False

- 1) Over half a million people in Indonesia got a free lunch on Monday. T / F
- 2) Around 190 cooks helped to make the free food. T / F
- 3) Indonesia's president hopes to feed a quarter of Indonesians by 2029. T / F
- 4) About a fifth of under-fives in Indonesia have a very poor diet. T / F
- 5) Indonesia's president said his siblings were often very hungry. T / F
- 6) A mother was happy she didn't have to prepare food. T / F
- 7) The government said the free meals were a big moment for Indonesia. T / F
- 8) The government said teenagers would also get the free meals. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|------------------|
| 1. started | a. pleased |
| 2. provide | b. give food to |
| 3. promise | c. important |
| 4. feed | d. give |
| 5. malnutrition | e. carrying out |
| 6. happy | f. journalists |
| 7. reporters | g. poor diet |
| 8. preparing | h. begun |
| 9. historic | i. getting ready |
| 10. conducting | j. vow |

Discussion – Student A

- a) What do you think of school meals?
- b) Are school meals better than home-cooked meals?
- c) Should all schools provide meals?
- d) How nutritious are school meals?
- e) What do you think of Indonesia's Free Nutritious Meal Programme?
- f) What do you know about malnutrition?
- g) How nutritious is your daily diet?
- h) What can your country do to help poorly-nourished people?

Phrase Match

- | | |
|--------------------------------------|------------------------------|
| 1. Indonesia has started a scheme to | a. line |
| 2. pregnant | b. preparing food |
| 3. The plan was an election | c. poor nutrition |
| 4. He hopes to feed a quarter | d. moment for Indonesia |
| 5. suffer from | e. promise |
| 6. below the poverty | f. provide free school meals |
| 7. in the capital | g. breastfeeding mothers |
| 8. work hard | h. Jakarta |
| 9. This is a historic | i. of Indonesians by 2029 |
| 10. pregnant and | j. women |

Discussion – Student B

- What do you think about what you read?
- Why are so many people below the poverty line
- What would life below the poverty line be like?
- Why is breakfast important?
- How do you feel when you skip breakfast?
- What do you usually eat for breakfast?
- How can we learn more about nutrition?
- What questions would you like to ask an expert on nutrition?

Spelling

- a seemch to provide free school meals
- prnntage women
- more than 190 siechtnk
- The plan was an neltecoi promise
- Mr Subianto wants to end natunrlitiom
- suffer from poor tnrtniuoi
- below the pveorty line
- an eemytrealn school child
- in the captali Jakarta
- This is a rcsiohti moment for Indonesia
- program for esddtlor, students...
- fegadbtrseine mothers

Answers – Synonym Match

1. h	2. d	3. j	4. b	5. g
6. a	7. f	8. i	9. c	10. e

Role Play

Role A – Cheese

You think cheese is the most nutritious food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nutritious of these (and why): potatoes, eggs or tofu.

Role B – Potatoes

You think potatoes are the most nutritious food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nutritious of these (and why): cheese, eggs or tofu.

Role C – Eggs

You think eggs are the most nutritious food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nutritious of these (and why): potatoes, cheese or tofu.

Role D – Tofu

You think tofu is the most nutritious food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nutritious of these (and why): potatoes, eggs or cheese.

Speaking – Nutritious Food

Rank these with your partner. Put the most nutritious food at the top. Change partners often and share your rankings.

- | | |
|--------------|------------|
| • Eggs | • Chicken |
| • Lemons | • Cheese |
| • Tofu | • Potatoes |
| • Beef steak | • Avocado |

Answers – True False

1	F	2	F	3	T	4	T	5	F	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.