

First Lady Evelin Ilves opened the 'Eat Smart' conference today, which focused on organic food options and healthy nutrition in kindergartens and schools, as well as recognising schools whose cafeterias provide healthy food choices.

Those praised as part of the 'Healthy School Cafeteria 2010' competition were Tallinn Secondary School of Technology, Tallinn High School no. 32, Tallinn Järveotsa Secondary School, Tallinn Mustamäe Secondary School, Tallinn Pae Secondary School, Pelgulinna Secondary School, Lasnamäe Russian Secondary School, Ehte Secondary School, Tallinn Kuristiku Secondary School and Tallinn High School no. 53.

"If it's made easier for kids to make healthy choices, they'll make them," said the First Lady. "Particularly worthy of praise are those schools who have put up information for their students about why they're better off eating certain foods, like fruit and vegetables."

Describing the importance of food for young people in particular, the First Lady went on to say: "Their health and their ability to learn depend on it, which is why it's so important to shine the spotlight on the subject in every single school. I hope everyone will take the schools we've recognised today as examples."

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