

Policy No.: TIADPolicy_H&S_2021/0

Policy created in April 2019

Policy Reviewed in April 2020, September 2020

Policy Reviewed again in April 2021

Important Note: The school has adopted Distance Learning Programme (DLP) and Blended Learning Programme (BLP) for the Academic Year 2021-22. This policy is designed for a regular school set-up and will also be integrated during the DLP/BLP.

POLICY ON FOOD AND NUTRITION

Rationale

To create a school environment that promotes healthy eating – to enhance health, educational outcomes and empower students to make nutritious and enjoyable food choices for a lifetime.

Goals

- To give students the skills and knowledge to develop healthy eating habits.
- To create an environment where water and fresh juices are the only drinks available to students while at school.
- To promote healthy eating and physical activity to students.

Audience Targeted

- ✓ School management.
- ✓ Canteen Manager / Supervisor / Canteen person in charge
- ✓ Students
- ✓ Students' Parents
- ✓ Teachers
- ✓ School Nurse

Procedure

- All staff members are encouraged to model healthy eating behaviors.
- Children are encouraged to drink water throughout the day, including in class
- Involving students in Healthy Salad preparation in the school.
- Rewarding student for bringing Healthy lunch to school monthly.
- School sports teams will be encouraged to use water as the only source of hydration, and healthy snacks to refuel.
- Nutrition information is available for parents on the school website, through healthy snippets in the school newsletter or through posters displayed at school.

- Physical activity is recognized as a vital partner to good nutrition practices and will be actively promoted within the school community.
- Encourages the students to bring healthy nutritious and balanced breakfast especially during world health day, world food day etc.

Meal:

Includes a variety of nutritious foods from the different food groups

- Promotes and visibly display salad options
- Limits the inclusion of processed foods
- Limits the consumption of foods that are high in sugar, salt and saturated fat
- Avoids the use of processed cheese slices and spreads, and cream
- Provides fresh water to keep the body hydrated.

CALORIE DISTRIBUTION BY MEAL TYPE

MEAL TYPE	ELEMENTARY (3-5 YEAR)	MID-SCHOOL (6-10YEAR)	SECONDARY LEVEL (11-18 YEAR)		
			MIN	MAX	MIN
Breakfast	320	320	360	400	480
Mid-morning	240	240	270	300	360
Lunch	480	480	540	600	720
Snacks	160	160	180	200	240
Dinner	400	450	450	500	600

School canteen:

- All catering/canteen facilities and other providers must obtain and display an operating license from relevant authorities before operating their business.
- Preparing a menu of displayed foods in the canteen.
- Developing new activities aiming to link nutrition with educational system (the Committee should aim to develop good communication with teachers, students, parents and directors because teamwork leads to better results).
- Ensuring that the school canteen and the food handlers (staff) implement the established policies, procedures and standards by the federal and local governing bodies in addition to the hygiene requirements of the Food Control Department of the emirate.
- Providing an opportunity to get the parents and school community collaborate in the nutritional awareness of their children.

Reference:

Dubai Municipality food and Nutrition guidelines.

Forms Attached:

- Junk food monitoring chart
- Parent circular

Prepared by:	Dr. Mohamed Khoya School Doctor Ms. Soumya Akhilesh School Nurse	Signature: <i>Sgd.</i> <i>Sgd.</i>
Reviewed by:	Ms. Sayeda Fatima School Administration Manager Ms. Susan Rubin Varghese Principal	<i>Sgd.</i> <i>Sgd.</i>