



## Aims and objectives

1. To provide an environment that supports healthy eating and physical activity among students and staff.
2. To ensure the prevention of diseases caused by the lack of one or more of the essential nutrients in their diet.
3. To increase concentration and educational attainment of students.
4. To make pupils aware of the consequences of the food choices they make and their impact on life.



## Health & Nutrition

Encouraging fitness and leading a healthy lifestyle is a priority at our school. We firmly believe that students must learn to make healthy choices with their meals and develop a habit of being physically active.

1. All students are encouraged to bring healthy and nutritious food items to be eaten during recess.
2. Sugary drinks, carbonated drinks, candy, chips, cakes, cookies, etc are discouraged.
3. Energy drinks are not permitted in the school.
4. We encourage students to bring food items in reusable containers and reusable water bottles to support reduction of waste and to encourage recycling.

## Lunch boxes

Healthy lunches are encouraged at all times and a packed school lunch should contain all of the major food groups:





1. A portion of starchy carbohydrate (e.g. wholegrain breads, idly, chapathi, brown rice/pasta and wraps.)
2. A portion of meat or meat alternatives.
3. Dairy products (e.g. yoghurt, low fat cheese, laban)
4. Vegetables and fruits
5. Water and/or milk

### **Food items available in the school canteen:**

1. Includes a variety of nutritious food items from different food groups.
2. Promotes eating fruits and vegetables. Salads are available in canteen and different types are displayed to encourage students to have salads.
3. Canteen limits the inclusion of processed foods, foods that are high in sugar, salt and saturated fats.
4. Provides vegetarian options for children who are vegetarians.
5. Prepares food items mainly by steaming, boiling, baking or grilling rather than frying.
6. Provides fresh water and juices to keep the body hydrated.

### **Policy Procedures:**

1. We actively promote good food culture through the curriculum. The importance of food and nutrition is taught and is weaved into cross-curricular areas where there are many opportunities for students to develop their knowledge and understanding of healthy eating patterns.
2. The content of lunch boxes are regularly monitored by staff on duty and parents are informed when they need to provide healthy choices.





3. Parents are asked to support us in carrying out our food policy as this is in the best interest of students. Teachers will inform parents if we have concerns regarding their child's eating habits at school.
4. We encourage students and staff to stay hydrated by drinking water frequently; we only promote water, milk and fresh fruit juice as safe drinks. We have numerous water stations available throughout the school and encourage students to have their own water bottles to refill.
5. If a child has allergies to certain food items or is on a restricted diet, they must bring food from home. If any parent has a concern about their child's diet with regard to allergies, they are asked to report the same to the school nurse and the teacher.
6. Students of Kindergarten are required to bring packed lunch from home. Snack is eaten in class under the supervision of the class teacher before exiting to the playground. Food from the canteen is not available for these students. Clear guidelines for students in Kindergarten for packed lunch are provided for parents in the beginning of the year.

#### Do's and Don'ts for parents

##### Do's:

1. Get the kids involved: Learning about food and nutrition are important life skills and should be encouraged from an early age.
2. Trying new food items from an early age plays a huge role in a child's willingness to eat them later.
3. Shake things up: Variety is key, not only does variation in diet provide nutritional benefits, but reduces boredom and lack of interest in food.





4. Make it look appetizing: It's worth spending that extra few minutes on presentation, especially for younger children. Aim for a variety of shapes, colours and textures in the lunch box.

Don'ts:

1. Don't leave it to the last minute: Lack of time may mean filling up lunch boxes with unhealthy, convenience food items.
2. Don't repeat the same lunches over and over.
3. Don't forget about portion size: This should be specifically tailored to your child/teen's age, size and activity levels.
4. Don't forget about hydration: Research suggests dehydration can lead to reduced concentration and performance in children.
5. Don't forget about breakfast: Ensure your child gets a good first meal of the day.

### **Roles and Responsibilities:**

The Principal will oversee the development, implementation, and monitoring of this policy, and encourage a participatory approach to meeting the objectives.

The OSH officer, teachers, supervisors, counsellors and school nurse are responsible to monitor and help the children/parent to follow the nutrition policy.












**Applicable to:** All school staff and students.

**Review Date:** March 2026





**What is One Food Guide Serving?**  
Look at the examples below.

 <b>Fresh, frozen or canned vegetables</b> 125 ml (½ cup)	 <b>Leafy vegetables</b> Cooked: 125 ml (½ cup) Raw: 250 ml (1 cup)	 <b>Fresh, frozen or canned fruits</b> 1 fruit or 125 ml (½ cup)	 <b>100% Juice</b> 125 ml (½ cup)		
 <b>Bread</b> 1 slice (35 g)	 <b>Bagel</b> ½ bagel (45 g)	 <b>Flat breads</b> 1 pita or 2 tortilla (35 g)	 <b>Cooked rice, bulgur or quinoa</b> 125 ml (½ cup)	 <b>Cereal</b> Cold: 30 g Hot: 125 ml (½ cup)	 <b>Cooked pasta or couscous</b> 125 ml (½ cup)
 <b>Milk or powdered milk (reconstituted)</b> 250 ml (1 cup)	 <b>Canned milk (evaporated)</b> 125 ml (½ cup)	 <b>Fortified soy beverage</b> 250 ml (1 cup)	 <b>Yogurt</b> 125 g (½ cup)	 <b>Kefir</b> 125 g (½ cup)	 <b>Cheese</b> 50 g (1 oz)
 <b>Cooked fish, shellfish, poultry, lean meat</b> 75 g (2 ½ oz) 125 ml (½ cup)	 <b>Cooked legumes</b> 125 ml (½ cup)	 <b>Tofu</b> 150 g or 175 ml (¾ cup)	 <b>Eggs</b> 2 eggs	 <b>Peanut or nut butters</b> 30 ml (2 Tbsp)	 <b>Shelled nuts and seeds</b> 60 ml (2 cup)

**Oils and Fats**

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarine that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.





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Recommended Number of Food Guide Servings per Day									
Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Nutrition Policy

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