



Healthy Eating Policy

Company: Star International School 24b Street Mirdif Dubai	Effective Date : 23.06.2017 Revision Due Date : 25.06.2019 First Edition Date : 23.06.2016 Edition No: 1
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Nutrition is a significant factor in the growth, development and overall functioning of all children. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional and cognitive development. The development of healthy eating practices and physical activity can help prevent disease and support a lifetime of good health. Good nutrition is therefore critical to optimizing each child's potential for success. Meeting nutritional requirements throughout childhood is essential to full intellectual development. Research has shown that malnutrition impacts not only children's behavior and performance but their overall quality of development. Meals and snacks served to children should therefore meet their nutritional needs and provide models of healthy eating patterns in order to help children establish good eating patterns at an early age.

Children's diet must include an appropriate intake of foods from the four main food groups:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar content between meals
- Drink plenty of fluids to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly

School Healthy Eating Policy Objectives

- To provide children with positive healthy eating experiences in order to promote their well-being.
- To respect the different dietary, cultural, religious and health needs of all our children.
- To encourage children to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the school.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop children's understanding of the importance of the social context in which eating takes place.
- To raise awareness with children, parents and carers in developing a positive approach to food, nutrition and oral education.

- To encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

Food and drink

All snacks provided at the school should be nutritious, *avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings*. Parents should offer a balance and variety of snacks to provide a nutritious experience for the children.

Availability of water

We have fresh drinking water and suitable cups readily available for children and staff . In addition, we support the children in recognizing their need to drink water when they are thirsty, hot or tired, or feeling unwell. However, all parents are urged to provide fresh, clean water in a named water bottle which the student can drink from throughout the day.

Special dietary needs and food allergies

Parents will be asked about any special dietary requirements their child has before their child commences school. For those children who have special diets (for example a gluten-free diet) or who have food intolerances, parents are responsible for providing the school with information about their diet and choices available to the child. Records will be updated regularly in accordance with the information received.

PLEASE NOTE: The School has students have severe nut allergies and therefore, the School is declared a nut-free zone. Nuts and food containing nut protein are strictly forbidden. This is to be strictly adhered to whenever food is brought into the school albeit in snackboxes or to events run in the school.

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