



HEALTHY EATING POLICY

(2023-2024)

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Approved by:	Ms. Suzan Khashan
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Healthy Eating Policy

Rationale

Children need a healthy diet for normal growth and development. There are growing concerns about what today's children are eating. Compared to recommended dietary guidelines, many children are consuming too much fat, sugar and salt and too little fibre.

A healthy diet in childhood can help to prevent a variety of problems, both in the short term (dental decay, amnesia, obesity and constipation), and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis).

Young people have particular nutrient requirements because they are growing. Their eating habits are likely to influence what they eat in adulthood, so it is important that their eating patterns are optimised at an early age. Food provided at school that contributes to a healthy diet, and is affordable and accessible, provides a good opportunity for young people to put classroom learning into practice.

Schools can help children make healthier choices by ensuring the appropriate food is available and encourage children to make informed choices about what they choose to eat and drink.

Knowledge and Human Development Authority (KHDA), the Dubai Health Authority (DHA) and the Dubai Municipality (*Food & Nutrition in Schools in Dubai*) have set standards for food hygiene, safety and nutrition for schools in the Emirate of Dubai. Al Shorouq Private School will use these guidelines as its benchmark for establishing its own Healthy Eating Policy.

Aims

- To establish a clear Healthy Eating Policy with a unified approach, to ensure co-ordination and consistency, in accordance with KHDA, DHA & Dubai Municipality guidelines.
- To ensure students have the knowledge, skills and opportunity to make healthy food



choices in order to encourage a healthy lifestyle.

- To help students establish a healthy lifestyle that we hope will continue into adulthood.

Objectives

- To ensure equality of access for all.
- To reinforce appropriate messages relating to food, nutrition and dental health eg ensuring consistency between the formal curriculum and food provision.
- To provide information to parents/carers on all aspects of food in school.
- To improve health and well-being for all members of the school community.

Procedures

Al Shorouq Private School aims to do this by:

- Providing access to drinking water for all students throughout the school day.
- Providing a balanced diet through:
 - Maintaining healthy meal choices
 - Promoting healthy choices in school lunches
 - Supporting the provision of nutritionally balanced school meals
 - Operating a healthy breaks scheme
- Discourage the consumption of fizzy drinks, crisps, sweets and chocolate bars during the school day and ensure that these items are not available to be purchased at school as per DHA guidelines.
- Performing BMI checks annually and recording data for all students as per Dubai Health Authority (DHA) regulations.
- Informing parents when BMI data reveals a concern (eg. 'thin-ness', clinical obesity).
- Providing support (healthy lifestyles information) to parents of those students whose BMI is a concern.
- Monitoring the BMI of students whose BMI gives cause for concern.
- To promote healthy eating as part of our ECA's
- Promoting healthy eating through organized themed events e.g. Healthy Food Week.
- Reinforcing health messages in the curriculum in all cycles.
- Students having the opportunity to learn about healthy eating in the curriculum.
- All curriculum areas, where appropriate, should look to address food and nutrition.
- Classroom teaching about healthy eating will be supported by the foods offered in the school canteen.



- Teachers will be encouraged to avoid giving students sweets and chocolate as treats and rewards in the classroom.
- Teachers setting an example to students through positive attitudes towards their own health.
- Current food and health resources made available for staff to use in class.

Implementation

The following people will receive a copy of the policy and the implementation process

- All Staff
- Parents/Carers
- Boards of Governors
- Students
- Caterers

Documentation from KHDA, DHA and Dubai Municipality will also be made available to all students, teachers and parents. The school will also hold information sessions with parents, communicating guidelines on healthy eating choices as received from KHDA, DHA and Dubai Municipality.