

Document Title :	Healthy Eating Policy	Document Ref. Number :	RBS/SC/P030
		Issue Date:	February 2019
		Revision Date:	February 2021
Section :	School Clinic	Version:	2
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PURPOSE:

- Diet influences the potential for learning as well as health, this policy aims to provide students to reach their full educational potential by providing the skills needed to adapt long term healthy eating behaviors.
- To promote an environment that encourages and supports the development of healthy eating habits.
- To ensure a variety of nutritious foods and beverages are available to students and staff that will enable them to make healthy food choices.

SCOPE:

This policy is applicable to all staff, students and parents at Reach British School

TARGET AUDIENCE:

All staff and parents of Reach British School

DEFINITIONS/ABBREVIATIONS:

ADEC – Abu Dhabi Education Council

HAAD – Health Authority Abu Dhabi

RBS- Reach British School

ADFCA- Abu Dhabi Food Control Authority

POLICY STATEMENT:

1. The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
2. The school will work with the pupils to provide attractive and appropriate dining room arrangements.
3. The school will ensure that packed lunch pupils and school lunch pupils will be able to sit and eat together.
4. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.
5. **Nutrition education lessons:** Age appropriate curriculum based nutrition education in the classroom to support the following:
 - The importance to eat a variety of foods
 - Balancing the food eaten with physical activity to maintain or improve weight
 - Choosing a diet with plenty of green vegetables, orange vegetables, fruits, whole grains, and low fat milk and milk products
 - Choosing a diet low in fat, saturated fat, and cholesterol
 - Choosing a diet moderate in sugars
 - Choosing a diet moderate in salt and sodium
 - Limiting take away or foods from a fast food restaurant

6. **Packed Lunch Containers**

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them as fridge space is not available in school.

7. **Packed Lunch:** Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.
 - There are five food groups are encouraged to bring by the students (as per food dome below)
 - ❖ Ensure compliance with the traffic light system for foods allowed and not allowed to be sold in the school canteen as per HAAD and ADEC guidelines.
 - ❖ Portion sizes are appropriate to child's age, avoid oversized portions



- ❖ A traffic light system will be used to help parents and students in planning lunches. Foods classified as red are not allowed to be packed for snacks or lunches. Amber foods are allowed to be packed but should only form a small part of the lunch or snack. Green foods are highly nutritious and should form a major part of the lunch.

Green Food:

Highly encouraged

Dairy foods, wholegrain (brown) versions of bread, pasta and rice, fruits and vegetables (fresh, tinned, frozen, dried, juice), lean and fresh meat, fish and eggs.

Amber Food:

Allowed in small amounts

White versions of bread, pasta and rice, highly processed meats and other foods, plain biscuits, butter and cheese.

Red Food:

Not allowed

Sodas and sugary drinks, crisps or chips, chocolates, sweets, pastries and cakes, chocolate covered biscuits and cookies, fried foods, other junk foods high in salt and fats.

8. School Canteen

- A clean and well-stocked canteen sells healthy snacks and drinks during break times.
- Hygiene and strict quality control of food are regarded as top priorities.
- An external Contractor will be occupying the canteen whilst under the strict compliance of ADFCA.

9. Birthday parties: Birthday parties will be celebrated only in FS1 to Year 2 Students.

- Only one cake is allowed
- No other red foods allowed
- Healthier amber and green foods must be eaten before the cake

10. Special Diets and Allergies.

- The school recognizes that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are not permitted to swap food items.
- **No nuts** of any description as we have a number of pupils who have a nut allergy (see Nuts Policy).

11. Food as incentive or rewards. RBS does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behavior or academic or other achievements.

12. Water: Drinking water to be available and easily accessible throughout the school day.

13. Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively.

REFERENCES:

- School Canteen Guidelines of the Emirate of Abu Dhabi Academic Year 2011-2012
http://schoolsforhealth.haad.ae/template/haad/pdf/school-canteen-guideline_en.pdf
- Abu Dhabi Education Council
- Abu Dhabi Food Control Authority
- Health Authority Abu Dhabi
- Eat right, Get active Manual 2011-2012
http://schoolsforhealth.haad.ae/template/haad/pdf/eat_right_get_active_en.pdf
- Health Authority Abu Dhabi