



**DUBAI  
BRITISH  
SCHOOL**  
JUMEIRAH PARK



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**FOUNDATION**

# Healthy Eating Policy

This procedure is reviewed annually to ensure compliance with current regulations

	Date	Name
Created:	September 2020	School Nurse
Last reviewed:	August 2021	
To be reviewed:	August 2022	

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## Healthy Eating Policy

### Rationale:

At Dubai British School Jumeirah Park we recognize that snack and meal times are an important part of a child's day and recognize the important connection between a healthy diet, disease prevention and a student's ability to learn effectively and achieve high standards. The UAE National Agenda 2021 emphasizes the reduction of lifestyle diseases such as diabetes and cardiovascular diseases and an obesity reduction, particularly among children. The goal of the UAE government is to reduce childhood obesity rates from 19.3% in 2015 down to 16.28% by 2021. We are therefore committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that students have regular access to fresh water to drink through-out the day.

We acknowledge that Schools are one of the main social contexts where children develop healthy eating habits and lifestyles and are in a prime position to impart nutrition education to instill good habits that can last for life. To support this, we are therefore committed to providing a curriculum that informs students about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption. We also recognize the important role that school can play, as part of the larger community, to promote family health, and healthy life-styles.

We acknowledge that particularly in the UAE, sharing food is a fundamental experience for people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships.

This policy complies with the Dubai Municipality Guidelines and Requirements for Food & Nutrition in Schools in Dubai 2017.

### Aims:

At DBSJP we aim to improve the health of pupils, staff and families by helping to influence their eating habits. This is promoted with sensitivity and understanding of individual family circumstances and issues. Specific aims are as follows:

To increase knowledge and awareness of food issues, including what constitutes a healthy diet

To make pupils aware of the consequences of food choices made now and in later life.

To develop knowledge and understanding of hygienic food preparation and storage methods

To ensure students are well nourished at school, and that every pupil has access to nutritious, safe and wholesome food and a safe, easily available water supply during the school day.

To make the provision and consumption of food an enjoyable and safe experience

To increase student's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment

### 3.1 Policy Procedures:

We will actively promote a good food culture through the curriculum. 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 and practical skills that are needed to understand where food comes from.

Food technology is taught on rotation in KS3 and forms part of the Design Technology curriculum in Primary. Students are able to apply healthy eating messages through practical work with food, including preparation and cooking.

Some specific food units are taught in Science and PSHE&C. In Science pupils have the opportunity to learn about the types of food available and their nutritional composition. They find out how food is digested and about the function of different nutrients in contributing to health. Children focus on the importance of healthy eating and how the body responds to exercise. Through PHSE& C children are taught how to take responsibility for their own health and well-being. They learn how to develop a healthy lifestyle and discuss sensitive issues such as body image. Older students have the opportunity to discuss issues such as the effects of advertising and sustainable development.

Other cooking and food preparation opportunities are experienced through topics such as Year 3 Great British Bake-Off, themed days and After School Activities in the form of Cooking Club and Gardening Club.

Students may have a hot school lunch or may bring a packed lunch. Our commitment to healthy eating applies to both. Children should not continually change from one to the other but should stay on the same type of meal arrangement for a term before changing.

### 3.2 Hot School Lunches:

The school works in partnership with the catering provider to ensure meals are appetizing, healthy and nutritionally balanced to meet the requirement of the UAE framework of food standards. We ensure that the quality of the ingredients and the choice of meals are appealing. We regularly seek feedback from students and parents who have met with the catering provider to give their input into the menu. Any alterations to the menu must first be approved by the Principal.

The Menus are made available to parents in advance and available on Communicator and on display in the Canteen.

The children are provided with a three course set meal (a vegetarian option is available every day) with a portion of vegetables as part of their meal. In addition, they are encouraged to supplement this by self-selection from the salad bar.

All catering staff have achieved at least a Level 2 National Accredited training in food catering. Our School

#### Meals provision:

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 vegetarian options for children who are vegetarians.

Prepares foods mainly by steaming, boiling, baking or grilling rather than frying

Is portion controlled to ensure students eat with moderation to maintain a healthy weight

Provides fresh water to keep the body hydrated

### 3.3 Lunch boxes

Healthypackedlunchesareencouragedatalltimesandparentsareregularlyremindedofthisinourmonthly newsletters.

Parents are provided with guidance on providing a suitable balanced meal. Sweets, fizzy drinks, nuts and chocolate products are not permitted.

“No nuts” policy is reinforced throughout the school premises for both students and staff.

The content of lunch boxes are regularly monitored by staff on duty and parents informed when they need to provide alternative healthy choices.

### 3.4 Environment

Students have a spacious, comfortable area indoors and outdoors to eat their meals in. Teachers, assistants,

SLT and caterer staff work together to create a good dining experience and the development of good table manners.

Staff are encouraged to lead by example with one adult assigned to each table who also eats the hot meal Along with the children. This adult supports the serving of food ,monitoring of the food eaten and assists with

The cutting of food for younger children. Positive interactions and opportunities to socialize are encouraged with pupils praised for eating healthy options.

### 3.4 Partnership with Parents

Parents are asked to support us in carrying out our food policy as this is in the best interests of students. Teachers will inform parents if we have concerns regarding their child’s eating habits at school.

The school will support parents with food related issues, through liaison with the school nurse and other outside agencies.

### 3.5 Birthday Treats and celebrations

Our school aims to give consistent messages regarding healthy eating, therefore celebrating children’s birthdays with cake is not encouraged in school time. Parents are suggested giveaways (pencils, stationery items) as kids birthday gifts and refrain from sharing food items in school due to a number of Food allergies and intolerances among the students.

### 3.6 Drinks

We encourage students and staff to stay hydrated through drinking water frequently, we only promote water and milk as safe drinks. We have numerous water stations available through the school and encourage students to have their own water bottles to refill

### 4 Roles and Responsibilities:

The Principal will:

- Oversee the development, implementation, and monitoring of this policy, and encourage a participatory approach to meeting the objectives.
- Ensure that the food provided to students meets the requirement and recommendations of the Dubai Municipality Guidelines and Requirements for Food & Nutrition in Schools in Dubai 2017.

All staff are expected to:

- Work to develop an understanding and ethos within the school of safe, nutritious, environmentally sustainable food, through both education and example.
- Work to create an environment, both physical and social, conducive to the enjoyment of nutritious food
- Monitor students' eating habits and alert parents if there are cause for concern

Applicable to:  
All school staff

Related Documents  
Guidelines and Requirements for Food & Nutrition in Schools in Dubai