

# Al Ittihad National Private School Al Ain



## Healthy Eating Policy AY 2024-2025

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## I. Objectives

- To enhance the health of pupils, staff, and the wider school community by promoting healthy eating habits through increased knowledge and awareness of food-related topics, including what makes up a balanced diet.
- To ensure that teachers and staff are trained to deliver a consistent, health-focused message to students.
- To provide students with nutritious food options and access to clean, readily available drinking water during the school day.
- To ensure that packed lunches from home align with the healthy, nutritious standards of school-provided meals, in line with the school's guidelines.
- To meet the ethical and medical dietary needs of both staff and students, including religious, medical, and allergen considerations.
- To implement practices that support these health goals and to discourage those that contradict them.

## II. Purpose

INPSAA healthy eating policy is to promote the health and well-being of students by encouraging nutritious food choices and fostering lifelong healthy habits.

This policy aims to provide nutritional education, ensuring students understand the importance of balanced diets and the benefits of healthy eating. By ensuring access to healthy foods in school meals and snacks, it creates an environment that supports good nutrition and helps prevent childhood obesity and related health issues.

Additionally, the policy seeks to improve academic performance by recognizing the link between nutrition and cognitive function, while also providing resources for families to encourage healthy choices at home. Ultimately, the goal is to cultivate a supportive atmosphere that prioritizes students' health and enhances their learning experiences.



## IV. Disclaimer

### Disclaimer

This policy was developed by Al Ittihad National Private School Al Ain. It is intended for use exclusively by school staff and students. Any external use, whether in whole or in part, requires management approval. Any exceptions to this policy must also be approved in advance by the school management.

Healthy Eating Policy

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