



POLICY ON HEALTHY EATING

Introduced: December 2015	Revised: March, 2021
Previous review : 2019	Next Review : March 2023
Implemented by: Principal	

Definition:

Healthy eating means variety of food that is full of nutrients necessary for healthy living. Healthy food is home-cooked food devoid of junk and packed food.

Purpose:

The School promotes healthy eating habits encouraging home cooked healthy food. The school does not provide canteen facilities.

Policy:

There are two breaks where children are expected to eat in the classroom under the supervision of teacher.

- Students are encouraged to bring home cook food as school doesn't have canteen facilities.
- Awareness is created among students to inculcate healthy eating habits through posters and talks.
- Every wing has water cooler (tap control) which is regularly cleaned and maintained for clean drinking water.
- Students are not allowed to order any outside food during breaks.
- Junk food is discouraged in school.

Principal's Approval	
Revised Date	March, 2021