## **Dunes International School**

Plot no 19; Shabiya 9; Mussafah; Abu Dhabi; P.O Box 5121 Tel.: 0097125527527

school code: 90201 | Affiliation number: 6630051



مدر سمه ديو نز الدو ليه رقم قطعة: ۱۹, شعبية ۹, مصفح, أبوظبي, ص ب : ۱۲۱ه هاتف :۱۹۲۷ ماتوند كود المدرسة : ۹۰۲۰۱ و رقم الانتساب: ۱۹۰۲۰۱

# **POLICY ON HEALTHY EATING**

Introduced: December 2015	Revised: March, 2023	
Previous review : March, 2021	Next Review : March 2025	
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	- Male
Revised Date	March, 2023

