



**PEARL**  
BRITISH ACADEMY

# Healthy Eating and Nutrition Policy

Effective Date:	August 2025
Review Cycle:	Annual
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Author:	Head of Pastoral
Reviewed By:	Principal

Our school's Healthy Eating and Nutrition Policy is written in accordance with ADEK's Healthy Eating and Food Safety Policy 2024.

'A safe and healthy diet is key to physical and mental health and is therefore an important factor in maintaining overall wellbeing. In fostering the wellbeing of the school community, schools have a duty to create a safe and healthy food environment and to actively promote healthy food choices.' ADEK Healthy Eating and Food Safety Policy 2024

### Rationale

'To improve the nutritional awareness and meal practices of our school community by increasing understanding of healthy and sustainable food habits and fostering school environments that are conducive to such habits.' ADEK Healthy Eating and Food Safety Policy 2024

### Snack and Lunch

During our school day, children have a short break for snack in the morning, followed by a longer break for lunch in the middle of the day. During these times, children are asked to bring healthy food to school in their packed lunch box. Below is a list of food we recommend for children to eat at school:

Protein	Carbohydrates	Dairy	Fruit and Vegetables	Drinks
Meat Fish Lentils Beans Tofu Quinoa Legumes	Pasta Rice Noodles Sandwiches Pitta Bread Wraps Baked Potato	Cheese Yoghurt	Fresh Fruit Fresh Vegetables Salads	Water Laban Milk

### Prohibited Food

Food and drink items which are prohibited in school:

- Any pork product
- Flavoured milk, juice boxes, carbonated drinks and energy drinks
- Chocolate or any product containing chocolate ie chocolate biscuits or cookies
- Crisps
- Sweets or candy
- Doughnuts or cakes
- Fast food
- Chewing gum
- Nuts

Please note, if prohibited items are brought to school, children will be asked to put them away and save them until they are at home. (In the case where this impacts on the child's meal, they will be able to eat the meal and parents will be contacted).

### Supervision

All children are actively supervised at all times in their classroom during morning snack and lunch time to:

- Ensure that children consume acceptable foods
- Ensure that all children have access to a meal every day, unless fasting
- To be vigilant about concerning food-related behaviour

### **Nutrition Education**

School delivers nutrition education to children through the formal curriculum and other engagement strategies to enable them to make active and informed choices. School ensures that the curriculum covers the following topics:

- Healthy and balanced eating
- Reading of food labels
- Sustainable meal practices

### **Allergies**

Our school:

- Considers children's allergies and intolerances when planning school activities and meals eg school events to ensure the basic food offering suits as many students as possible as it is or with minor modifications.
- Requires parents to notify the school immediately if their child develops an allergy and provide the relevant medicines to the school.
- Shares food allergy records of children with relevant staff members and respective parents and children to minimize the risk of accidental exposure to allergenic food substances.
- Conducts risk assessments related to children's allergies and implements appropriate risk mitigation measures.
- Has procedures to effectively manage allergic reactions of children including clear procedures to deal with severe allergic reactions.
- Appropriately labels and stores medicines required to manage student allergies.

### **Staff Engagement**

Our school ensures teachers attend any available training conducted by Abu Dhabi Public Health Centre and other relevant entities in relation to healthy eating, to enable them to promote healthy eating when supervising and/or interacting with students.

### **Parent Engagement**

Our school shares guidelines regarding healthy and balanced eating with parents as per this policy and will share any relevant guidelines provided by ADEK, ADPHC, QCC, ADAFSA or the DOH in relation to children's health, nutrition and allergies. Our school will communicate any food-related concerns to parents on the same day as the concern was noticed.

If staff have a concern regarding a child's snack or lunch, or their health in general, they will contact the child's parents directly.

### **Sustainability**

At school, we actively promote sustainable practices. We encourage all children to bring a refillable water bottle to school. Children bring their lunch to school in a reusable plastic lunchbox. All waste in school is recycled. We actively encourage our community not to use single use plastic.

### **Celebrating Birthdays in School**

Many families like to bring party bags for the class to celebrate their child's birthday in school. We kindly request that any party bags contain gift items which are not food. Please note that food items in party bags will not be distributed to children.