



مدرسة غرس العالمية
Ghars International School

Healthy Eating Policy

Ghars International School

Written by: Management team
Adapted by: the School Owner

According to the latest figures¹:

- ✚ There were over five times more medically acknowledged cases of child obesity in children aged 4-5, in comparison to 2006/7.
- ✚ In children aged 4-5, 9.5% of children are classed as obese. This figure is higher in children aged 9-11, marked at 19.5%.
- ✚ There is an ever-growing trend of obesity and excess weight in young boys more than young girls.

These statistics simply did not exist 100 years ago. In an ever-declining world of health, we at Ghars International School seek to make a change to benefit the health of our children. We seek to educate about the importance of making good food choices and taking regular exercise, all to the ultimate goal of keeping our bodies healthy. Therefore, we hold a strong Healthy Eating policy, across the school.

*And He enforced the balance. That you exceed not the bounds;
but observe the balance strictly; and fall not short thereof.
(55:7-9)*

In the classroom, we continually teach and reinforce healthy lifestyle principles:

- ✓ The balance needed within a healthy diet e.g., protein, vitamins and the importance of other such nutrition.
- ✓ Which foods naturally contain important nutrition
- ✓ Alternatives to sugary foods
- ✓ The damage of sugar on the body and on the teeth
- ✓ Dental and personal hygiene
- ✓ Various ways to exercise that are attainable to small children
- ✓ The importance of healthy bones in a healthy body
- ✓ Drinking enough water, a day

¹ <http://www.hscic.gov.uk/catalogue/PUB16988/obes-phys-acti-diet-eng-2015.pdf>

We ask that parents support us in our Healthy Eating policy. Packed lunches should have a healthy balance with foods that contain vegetables, proteins and dairy products over sugary or high cholesterol foods. We encourage parents to send with their child

- ✓ Portion of fruits and vegetables
- ✓ Water or milk
- ✓ Cheese or meats

Food that is prohibited:

- Fizzy drinks/soda
- Sweets and cakes

To read further about making an enjoyable and healthy life style change,



please visit the website, Change4Life, at:

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

Or simply type in 'Change4Life' into google.

GIS

مدرسة غرس العالمية
Ghars International School