



DUBAI
INTERNATIONAL
ACADEMY

Al Barsha

Dream. Inspire. Achieve. *Belong*

NUTRITION POLICY

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AL BARSHA

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1 Rationale

At Dubai International Academy al Barsha (DIAB) we recognise that snack and mealtimes are an important part of a child's day and recognise the important connection between a healthy diet, disease prevention and a student's ability to learn effectively and achieve high standards.

The UAE National Agenda 2021 emphasizes the reduction of lifestyle diseases such as diabetes and cardiovascular diseases and an obesity reduction, particularly among children. We are therefore committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that students have regular access to fresh water to drink throughout the day.

We acknowledge that schools are one of the main social contexts where children develop healthy eating habits and lifestyles and are in a prime position to impart nutrition education to instill good habits that can last for life. To support this, we are therefore committed to providing a curriculum that informs students about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption.

We also recognise the important role that school can play, as part of the larger community, to promote family health, and healthy lifestyles. We acknowledge that particularly in the UAE, sharing food is a fundamental experience for people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships.

This policy complies with the Dubai Municipality Guidelines and Requirements for Food & Nutrition in Schools in Dubai 2017.

2 Aims

At DIAB we aim to improve the health of pupils, staff and families by helping to influence their eating habits. This is promoted with sensitivity and understanding of individual family circumstances and issues.

Specific aims are as follows:

- To increase knowledge and awareness of food issues, including what constitutes a healthy diet
- To make pupils aware of the consequences of food choices made now and in later life.
- To develop knowledge and understanding of hygienic food preparation and storage methods



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- To ensure students are well nourished at school, and that every pupil has access to nutritious, safe and wholesome food and a safe, easily available water supply during the school day.
- To make the provision and consumption of food an enjoyable and safe experience
- To increase student's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment

3 Policy Procedures

We will actively promote a healthy food culture through the curriculum and wider school life. Food and nutrition is taught with opportunities for students to develop their knowledge and understanding of healthy eating patterns and practical skills that are needed to understand where food comes from.

Food, nutrition and a healthy functioning body are taught as part of the Science curriculum as well as healthy habits being covered in Moral, Social and Cultural Studies. Co-curricular activities include options for learning to cook, covering healthy, balanced lifestyles.

Hot School Lunches: The school works in partnership with the catering provider to ensure meals are healthy and nutritionally balanced to meet the requirement of the UAE framework of food standards and there is sufficient choice (vegetarian options are available every day). We regularly seek feedback from students and parents who give their input into the service provided. The menu is approved by the school Doctor and Principal. All catering staff have achieved at least Level 2 National Accredited training in food catering.

Our school meal provision:

- Includes a variety of nutritious foods from the different food groups
- Promotes healthy eating lifestyle
- Limits processed foods or foods that are high in sugar, salt and saturated fat
- Provides vegetarian options for children who are vegetarians.
- Prepares foods mainly by steaming, boiling, baking or grilling rather than frying
- Is portion controlled to ensure students eat with moderation to maintain a healthy weight
- Provides fresh water to keep the body hydrated

Lunch boxes: Healthy options for packed lunches are encouraged, and parents are regularly reminded of this through information sessions and newsletters. Parents are provided with guidance on providing a suitably balanced meal. Sweets, fizzy drinks, nuts and chocolate products are not permitted. The content of lunch boxes is regularly monitored by staff on duty and parents informed when they need to provide alternative healthy choices.



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Environment: Students have a spacious, comfortable area indoors and outdoors to eat their meals in. Teachers, assistants, SLT and caterer staff work together to create a good dining experience and the development of good table manners.

Staff: are encouraged to lead by example with one adult assigned to each table who also eats the hot meal along with the children. This adult supports the serving of food, monitoring of the food eaten and assists with the cutting of food for younger children. Positive interactions and opportunities to socialise are encouraged with pupils praised for eating healthy options.

Partnership with Parents: Parents are asked to support us in carrying out our food policy as this is in the best interests of students. Teachers will inform parents if we have concerns regarding their child's eating habits at school. The school will support parents with food related issues, through liaison with the school nurse and other outside agencies.

Birthday Treats and celebrations: Our school aims to give consistent messages regarding healthy eating, therefore celebrating children's birthdays with cake is not encouraged in school time. If parents wish to share cake with their child's classmates, they may do so after school and with other parents' permission. During special events such as National Day and International Day and out-of-school events, e.g. school trips, the school will encourage parents to consider the Food Policy in relation to the range of refreshments offered to the children.

Drinks: We encourage students and staff to stay hydrated through drinking water frequently, we only promote water and milk as safe drinks. We have numerous water stations available through the school and encourage students to have their own water bottles to refill.

4 Roles & Responsibilities

4.1 School will:

- Oversee the development, implementation, and monitoring of this policy, and encourage a participatory approach to meeting the objectives.
- Ensure that the food provided to students meets the requirement and recommendations of the Dubai Municipality Guidelines and Requirements for Food & Nutrition in Schools in Dubai 2017.
- Work with partners to ensure a balanced and nutritious menu of food and drink is available to students during the school day.
- Work to develop an understanding and ethos of safe, nutritious, environmentally sustainable food, through both education and example.
- Work to create an environment, both physical and social, conducive to the enjoyment of nutritious food.
- Monitor students' eating habits and alert parents if there are cause for concern.



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4.2 Students will:

- Follow instructions from staff each day and let teachers know if they want something different provided from parents
- Not share food with their friends

4.3 Parents will:

- Be aware of the school Nutrition Policy, following expectations and accepting feedback received in line with the Policy
- Encourage a healthy eating lifestyle

5 Works cited & further reading

[Guidelines-and-Requirements-for-Food-and-Nutrition-in-Schools-in-Dubai.pdf](#)

[School food standards practical guide - GOV.UK \(www.gov.uk\)](#)