

## Queen's Qatar - Healthy Eating Guidelines

### Purpose

Queen's Qatar is committed to contributing to positive food environments for our students. We recognise that nutrition has a real importance on growth, development and happiness – a healthy mind depends on a healthy body. Nutrition also has an impact on learning, concentration, mood and behaviour, therefore, all our students require a healthy, balanced diet, rich in fruit, vegetables and starchy foods to help them grow, develop healthily, and reach their maximum potential. Schools have a responsibility, along with families, to keep students as healthy as possible.

*“Food environments are spaces where children (and their families) interact or engage with food. Depending on how they are structured, they may either help or harm children's nutrition”.*

Protecting Children's Right to a Healthy Food Environment, UN 2019

### Policy

Queen's Qatar will provide healthy food environments for their students, both through the catering services and the educational programmes.

We encourage our students to eat a variety of foods to ensure that they obtain a wide range of nutrients in order to stay healthy and to avoid predisposing them to a preference for unhealthy foods.

The catering areas of our schools are an extension of the learning environment and one of the many tools in our quest for a more sustainable world. Artemis schools work closely with catering services to ensure that food is nutritious and healthy, as well as minimising the impact on our planet.

Mealtimes are important, and students are encouraged to sit down to eat, and not to snack on the go.

Water is equally important, and water is available at various locations across our schools, with students being reminded to drink regularly.

In addition, our educational programmes promote healthy and sustainable eating habits by means of targeted learning experiences; by empowering students we enable them to make informed choices about the food they eat. We equally work with our parents to develop community support in promoting healthy habits for students.

To ensure the safety of all students, we have a nut-free policy. Please avoid sending any food items that contain nuts in lunchboxes or snacks.

All emergency details for those students are collated and made available to relevant staff members.

## **Food expectations**

### **Guidelines for Packed Lunches:**

If your child brings a packed lunch, please aim to include:

- A portion of vegetables or salad
- A portion of fruit
- A source of protein (lean meats, eggs, beans, or plant-based options)
- Whole grain bread, rice, or pasta
- Water, milk, or 100% fruit juice (in moderation)

Please avoid:

- Sugary drinks (soda, energy drinks)
- Confectionery items (candy, chocolate bars)
- High-fat, processed foods (chips, packaged baked goods)

Food prepared and offered to students within school, at events and/or on school trips will balance substance and a healthy intake of calories, with variety in the types of food consumed.

Catering services will provide menus offering a minimum of highly processed food and the maximum possible fresh and unaltered food.

### **Nutrition in the curriculum**

Healthy eating and nutrition are taught at an appropriate level throughout each age range across the school. Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions, for example by teaching students how to interpret food labels.

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions, and role-play. A balanced approach to learning about healthy eating is planned through our various curricula.