

## Food Policy

### AI Madina International Kindergarten

#### Statement

We believe a balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

#### Aims

- To make meal/snack times a pleasurable and safe experience.
- To support children and their families, creating an awareness of healthy eating and promoting as appropriate.
- Within the school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts in accordance with Early Years Foundation Stage Physical Development.

#### Curriculum

- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the Early Years Learning Framework and National Quality Standards
- Halaqaa curriculum promotes etiquette of eating and drinking as per the Islamic principles.

## The Learning environment

Children at our preschool:

- have fresh, clean filtered water available at all times and are encouraged to drink water regularly through the day
- are encouraged to eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours

## Expectations

- that parents are encouraged to prepare the children's snacks at home prior to their child's attendance at kindergarten – to avoid the food being handled by other people.
- that children's snacks are prepared / packaged / contained in such a way that enables the child to manage the opening of their snack with a satisfying degree of success.
- water is provided each day for children to drink while at kindergarten. Children are requested to bring a plastic bottle of water each day in their bag to drink. If they need more water the kindergarten will provide it.
- Sharing food with other children is not allowed due to health and safety reasons.
- Birthdays parties are not celebrated at our school and the parents are not allowed to send food to school for distribution without obtaining prior approval. If they still like to send food to the school they must call the school for "allergy safe" suggestions.

Al Madina International Kindergarten actively encourages healthy eating and for this reason the following food items are **not permitted**: -

1- Chocolate | Chocolate Drinks| Nutella

2- Sweets

3- Crisps / Chips

4- Ketchup

5- Instant Noodles

6- Nuggets

7- Fizzy drinks

8- Nuts and seeds

9- Any foods contain nuts and seeds

The following foods **are encouraged:** -

- 1- Homemade sandwiches
- 2- Boiled egg in a sandwich
- 3- Pre packed sandwiches
- 4- Cup Cakes
- 5- Fresh fruits
- 6- Salads – fruits or vegetables
- 7- Yoghurt
- 8- Milk
- 9- Water

**Any child bringing in food that is not permitted will have it confiscated and it will only be returned at the end of the day.**

#### **Our Vision**

**To become the leading school of choice within Qatar, producing responsible and productive citizens for the betterment of society as a whole.**

رؤيتنا  
أن نصبح مدرسة رائدة مختارة في قطر، تنتج أفرادا مسؤولين و منتجين من أجل صالح المجتمع ككل.