

## POLICY ON HEALTHY EATING

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| Introduced:   | December 2015 |
| Review 1:     | December 2021 |
| Review 2:     | December 2023 |
| Next Review : | December 2025 |

### Definition:

Healthy eating means variety of food that is full of nutrients necessary for healthy living. Healthy food is home-cooked food devoid of junk and packed food.

### Purpose:

The School promotes healthy eating habits encouraging home cooked healthy food. The school does not provide canteen facilities.


### Policy:

There are two breaks where children are expected to eat in the classroom under the supervision of teacher.

- Students are encouraged to bring home cook food as school doesn't have canteen facilities.
- Awareness is created among students to inculcate healthy eating habits through posters and talks.
- Every wing has water cooler (tap control) which is regularly cleaned and maintained for clean drinking water.
- Students are not allowed to order any outside food during breaks.
- Junk food is discouraged in school.

### Amendments:

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| Review 1 | No Changes |
| Review 2 | No Changes |

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| Principal<br>Mr. Paramjit Ahluwalia |  |
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