

Date Valley School

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Healthy Eating Policy

“O mankind: Eat of what is lawful and good on earth” (2:168)

Date Valley is committed to encouraging and developing positive attitudes towards a healthy lifestyle. We recognise the important connection between a healthy diet and a child’s ability to learn effectively and achieve their full potential, In Shaa Allah. We also recognise the role the school can play to promote family health, thus being of benefit to the wider community, In Shaa Allah.

Aims:

- To develop and maintain an ethos within the school in which a healthy choice is an easy choice
- To have a positive impact on the health of children, their families and staff by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet
- To present consistent, informed messages about healthy eating within school, through all school practices
- To help develop healthy eating habits that will last a lifetime, In Shaa Allah
- To encourage and monitor fluid intake throughout the school day

Implementation:

- Assembly sessions and PSHE lessons will allow the children to think about their eating habits and the effects on the body
- The children will be encouraged to eat a healthy balanced diet
- Children will be encouraged to drink milk during class snack times, daily
- Children will be encouraged to bring a named water bottle to school, daily. The bottles will be kept in the child’s classroom and will be easily accessible at all times
- Children will be encouraged to eat a piece of fruit or vegetable as a mid-morning snack
- Lunch duty staff will monitor contents of packed lunches. Packed lunches to be “healthy” and not include food items as mentioned below in the ‘Non-permitted food / drinks items’ list
- Children will be gently encouraged to eat and any concerns will be relayed back to the parent / guardian
- Teaching staff will sit with the children during snack and lunch times to provide a good role model, encouraging Islamic etiquettes of eating and drinking; praising and thanking Allah for what has been provided
- Encouraging children to take a balanced breakfast before leaving home
- Cross curricular reinforcement
- Cooking lessons outcomes widening the child’s experience of different food types through taste, touch and smell
- Ensuring children safety, parents / guardians to inform the school of food allergies and food intolerances

Non-permitted food / drink items for Date Valley lunchboxes:

- Nuts
- Chocolates / sweets
- Chocolate flavoured milk drinks
- Cakes
- Biscuits (sweet or savoury)
- Trifle / Custard pots
- Fruit Winders
- Cereal Bars
- Fizzy drinks / Capri Sun / Vimto Juice / Ribena – or similar brands of sweetened fruit juices
- Toffee popcorn

Healthy Lunch Box ideas:

- Fruity ideas:
 1. Whole fruit (Dates, apple, banana, orange, satsuma, grapes, peach, plums, pineapple, kiwi, pomegranate etc...)
 2. Fruit chunks / fruit salad pot / fruit kebabs
 3. Fruit puree pot
 4. Fruit jelly made with fruit pieces and fruit juice
 5. Dried fruit
 6. Fruit smoothie

- Savoury snack ideas:
 1. Mini cheese block
 2. Mini hummus pot with crunchy vegetable sticks or bread sticks
 3. Hard-boiled egg
 4. Good quality mini sausages
 5. Crackers and mini cream cheese pot
 6. Scones (savoury / sweet)
 7. Popcorn (unsalted)
 8. Rice cakes

- Dairy ideas:
 1. Pot of yoghurt
 2. Yoghurt drink
 3. Miniature cheese
 4. Fromage Frais pot
 5. Strawberry / banana flavoured milk drink

- Sandwich fillings ideas:
 1. Tuna, cucumber and lettuce
 2. Cheese or chicken with roasted vegetables
 3. Cheese, onion, lettuce and tomato
 4. Chicken, tomato and rocket
 5. Egg, cress and cucumber
 6. Chicken tikka, tomato and cucumber
 7. Smoked mackerel, cucumber and lettuce
 8. Falafel, cress, spring onion, cucumber and tomato – in a wrap
 9. Tinned salmon, spring onions and cucumber
 10. Smoked salmon, cream cheese, cucumber and rocket
 11. Hummus and roasted vegetables
 12. Good quality or homemade chicken / lamb burger – in nan bread

- Salad ideas: Make your own salad!!!
 1. Salad base: (shredded lettuce, spinach, cabbage, carrot, cucumber, avocado, capsicum, tomato, celery, radish, sweetcorn, peas, broad bean or rice)
 2. Lentil / beans (chickpeas, kidney beans)
 3. Chicken
 4. Tuna
 5. Prawns
 6. Goats cheese
 7. Falafel
 8. Egg
 9. Roasted vegetable

- Soups:

Soup can be a nutritious component to the healthy lunch box however should be accompanied with some form of protein on the side.

1. Tomato and Basil soup
2. Carrot and coriander soup
3. Root vegetable soup
4. Roasted red pepper soup
5. Winter vegetables soup
6. Chicken soup – Thai green curry, Moroccan etc..
7. Lentil based soups
8. Bean / Pulse based soups

Healthy breakfast ideas for kids:

Avoid giving children sweet foods for breakfast, like doughnuts or cereals high in sugar, because after the sugar high wears off, they are likely to get tired during the school day.

Healthy breakfast options include:

1. Whole grain, low-sugar cereal (eg Weetabix) with full fat milk and a portion of dates
2. Fruit granola / muesli with yoghurt / milk and a portion of fruit (dates)
3. Scrambled eggs, smoked salmon and toast and a pot of yoghurt
4. Boiled egg with toast soldiers, and a glass of fruit smoothie
5. Whole-grain bagel, cream cheese, smoked salmon and a glass of fresh fruit juice
6. Bowl of porridge sweetened with honey and a glass of fruit fresh fruit juice

Islamic etiquettes reinforced:

1. Clean hands.
2. Sitting when eating and drinking. Anas (RA) reported that Allah's Messenger (SAW) forbade that a person should drink whilst standing up. Qatada reported: We said to him: "What about eating?" Thereupon he (Anas) said: "That is even worse and more detestable" (Sahih Muslim)
3. Recite Bismillah before starting to eat or drink. Allah's Messenger (SAW) said: "If any of you is about to eat, he should mention the Name of Allah. If he forgets to mention the Name of Allah at the beginning, he should say, 'In the Name of Allah over the beginning and the ending.'" (Abu Dawud)
4. Eat and drink using the right hand and from the food which is nearest to you. Allah's Messenger (SAW) said: "O young man, mention the Name of Allah, eat with your right hand and eat from what is close to you." (Al-Bukhari and Muslim)
5. Do not waste or throw away unwanted food / drink.
6. Drinking in three gulps. Ibn Abbass (RA) reported that the Messenger of Allah (SAW) said: Do not drink in one gulp like a camel, but in two or three (gulps). Mention the name of Allah when you start drinking (Bismillah) and praise him (Alhumdullilah) after you have finished. (At-Tirmidhi)
7. Recite duaa after eating. Allah's Messenger (SAW) said: "If a person eats any food and then says, 'Praise is to Allah who fed me this and provided for me without any strength or power on my part,' all of his previous sins will be forgiven." (At-Tirmithi)
8. A Muslim should avoid eating to his fill or overeating. Allah's Messenger (SAW) said: "A human does not fill any container worse than his stomach. It is enough for a human to have some morsels to strengthen his back (keep his back straight). If he must eat more, then it should be one-third of his stomach for food, one-third for drink and one-third for breathing." (Ahmad)

This policy has been read and approved for Date Valley School, by the School Principal and the Date Valley Trust Policy Committee.

Date: Feb 2014