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MISSION: "TO EDUCATE THE STUDENTS IN A HIGHLY PRODUCTIVE AND SAFE ENVIRONMENT EMBEDDED IN NATIONAL AND INTERNATIONAL VALUES AND SKILLS"

VISION: "INNOVATIVE EDUCATION TO PRODUCE WORLD-CLASS, GLOBAL CITIZENS"

Healthy Eating and Lifestyle Promotion Policy

PHSS rak

2025-2026

NAME OF POLICY	Healthy Eating and Lifestyle Promotion Policy
APPROVED BY	Principal
PERSONNEL RESPONSIBLE	School Nurse
DATE APPROVED	April ,2025
SCHEDULED REVIEW DATE	April, 2026
RELATED POLICIES	<ul style="list-style-type: none">• Health and safety policy• Food safety and canteen policy• School health clinic policy• Wellbeing policy• Behavior management policy• Child protection and safeguarding policy

1. Introduction

In accordance with the Ministry of Education (MOE) of the UAE and the Ras Al Khaimah Department of Knowledge (RAK DOK), this policy has been designed to promote healthy eating habits and an active lifestyle among students in KG-12 at Pakistan Higher Secondary School RAK. The policy aims to provide a holistic approach to improving the well-being of students by encouraging balanced diets, physical activity, and healthy lifestyle practices that will positively impact their learning, development, and future well-being.

2. Objectives

- To ensure that students have access to nutritious meals and snacks that support their physical and mental development.
- To promote physical activity among students by incorporating regular exercise into the school routine.
- To educate students and staff about the importance of healthy eating, exercise, and lifestyle choices.
- To ensure that the school environment supports and reinforces the values of a healthy lifestyle.
- To engage parents, caregivers, and the community in supporting healthy lifestyle practices for students.

3. Scope

This policy applies to all students (KG-12) at Pakistan Higher Secondary School RAK as well as teaching and non-teaching staff, parents, and the wider school community.

4. Healthy Eating Guidelines

The school will provide healthy food and beverage options in line with the guidelines set forth by the Ministry of Education (MOE), ensuring that:

4.1. School And School Canteen and Food Offerings

4.1.1. Food:

- Children should eat a filling breakfast before they come to school.
- Children are given eat twice throughout the day, recess and lunch break.
- Crisps, chocolate, sweets, junk food are not allowed as part of the children's snacks.
- The children should be encouraged to eat a range of fruit and vegetable throughout the day.
- Children will not be allowed to swap food from their snack boxes with other children.

4.1.2. Drinks:

- Children should bring a water bottle to school every day. They can refill this from any of the water coolers in school.
- The children are allowed to bring juice, water or milk as part of their snack. Flavored milk is discouraged and fizzy drinks are not allowed.

4.1.3. Treats:

- Although sweets, crisps etc are not allowed as part of the children's snack, they will not be banned from school completely. Treats will still be allowed e.g. on party days, as rewards from the teacher etc. we want the children to realize that treats are acceptable in moderation.

4.1.4. Personal Hygiene:

- The school nurse will be available to talk to the children throughout the year about personal hygiene.

4.1.5. Nutrition education lessons:

- The importance to eat a variety of foods
- Balancing the food eaten with physical activity to maintain or improve weight
 - Choosing a diet with plenty of green vegetables, orange vegetables, fruits, whole grains, and low-fat milk and milk products
 - Choosing a diet low in fat, saturated fat, and cholesterol
 - Choosing a diet moderate in sugars
 - Choosing a diet moderate in salt and sodium
 - Limiting take away or foods from a fast-food restaurant

Nutritional Standards: All food items provided in the school canteen must meet the national nutritional standards established by the Ministry of Education (MOE) and the UAE's Food Control Authority. These standards emphasize whole grains, fresh fruits and vegetables, lean proteins, and low-fat dairy products.

Healthy Meal Options: The canteen will offer a variety of meals that include balanced options such as:

- Whole grain sandwiches
- Fresh fruit salads
- Vegetables and lean protein sources (chicken, fish, etc.)
- Water and unsweetened beverages (no sugary drinks).

Portion Control: Proper portion sizes will be adhered to for all meals and snacks to avoid overconsumption of unhealthy foods

4.2. Food Marketing and Promotions

- Only foods that meet the criteria for nutritional value will be advertised or promoted within the school environment.
- Foods high in sugar, fats, or artificial additives will not be marketed or promoted in any way.

4.3. Special Dietary Needs

- The school will accommodate students with special dietary needs (e.g., allergies, religious restrictions, or health-related conditions) by providing appropriate alternatives.
- These needs will be communicated to the school through the enrollment process or by parental notification.

4.4. Guidelines for healthy eating

Children should eat nutritionally adequate foods specially during their formative years. The food they consume should be balanced with physical activity and their growth should be checked regularly. Recommendations for “healthy eating” vary slightly between countries. However, the general recommendations for foods that provide the nutrients required to feel good, maintain good health and support optimum growth for children are:

- Consume a variety of nutritious foods from the different food groups
- Eat with moderation to maintain a healthy weight
- Increase the consumption of fiber through higher intakes of fruits, vegetables, legumes/pulses, wholegrain cereals and whole grain bread
- Prefer lean white meats over red ones and limit the consumption of processed meats (sausages, nuggets)
- Consume more fresh fish
- Limit the consumption of foods that are high in sugar, salt and saturated fat.
- Prefer home-made fresh foods prepared steaming, boiling, baking or grilling, rather than frying.
- Limit the consumption of salty foods and processed foods with high content of salt
- Consume meals around the table and turn off electronic devices (TV, tablets, mobile phones) to avoid overeating
- Drink plenty of water and avoid sweetened beverages including energy drinks and flavored drinks
- Balance the food you eat with physical activity and an active lifestyle
- Apart from the food, get enough rest and sleep as a part of a balanced lifestyle, and enjoy the benefits of sunlight in moderation

4.5. UNDERSTANDING FOOD GROUPS

The food we should eat is categorized into six different groups based on their nutrition composition

and functions. An additional seventh group of 'restricted foods' has been included in this document listing those foods that have to be consumed less or eliminated from the diets of children. For a

GRAINS

CEREAL & STARCH



CHOOSE FROM
WHOLE GRAIN PRODUCTS
OATS, BROWN RICE
SWEET POTATO, POTATOES,
WHEAT PASTA, CASSAVA,
WHOLE WHEAT BREAD, MILLET

PROVIDES ESSENTIAL
CARBOHYDRATES
FIBER, VIT B



AVOID
REFINE FLOUR PRODUCTS LIKE
BISCUITS, CROSSANTS, ~~WAGLES~~
~~BRADGANS~~, DOUGHNUTS AND

FRUITS & VEGETABLES



CHOOSE FROM
ALL FRUITS AND VEGETABLES,
GREEN LEAFY VEGETABLES
SALADS, FRUIT CUTS,
FRESH FRUITS AND
VEGETABLE JUICES

PROVIDES ESSENTIAL
VITAMINS & MINERALS
& FIBER



AVOID
DEEP FRIED VEGETABLES, CANNED FRUITS IN
SUGAR SYRUPS, CANNED VEGETABLES IN
SALT BRINE. DO NOT USE POTATOES AS A
VEGETABLE

LEGUMES EGGS & MEAT



CHOOSE FROM
LEAN MEAT CUTS, FISH,
WHOLE EGGS WHITES,
BEANS, SPROUTS, CHICK PEAS
STEAMED BAKED AND GRILLED MEAT
CHICKEN BREASTS

PROVIDE IRON &
PROTEIN



AVOID
FRIED EGG, RE FRIED BEANS,
DELI MEAT, BACON, RED MEAT,
SAUSAGES AND HOT DOGS

MILK AND MILK PRODUCTS



CHOOSE FROM
LOW FAT MILK, YOGHURT
LEBAN LOW FAT CHEESE,
LABANEH, COTTAGE CHEESE

PROVIDE **PROTEIN**
CALCIUM
& **VITAMIN D**



AVOID
PROCESSED SLICE CHEESE, CHEDDAR
CHEESE, FRIED CHEESE STICKS, AND
CREAM SPREADS, FLAVORED YOGHURT

NUTS & FATS, AND OILSEEDS



CHOOSE FROM
CANOLA OIL FOR COOKING
LOW FAT CREAM FOR DESSERTS
PLAIN WHOLE NUTS, PEANUT
BUTTER **OLIVE OIL**
FOR SALAD DRESSINGS

PROVIDE ESSENTIAL
FATTY ACIDS



AVOID
DEEP FRIED FOODS, MARGARINE,
BUTTER, FOODS COOKED IN LARD,
FULL CREAM IN DESSERTS, FRIED
NUTS, SUGAR COATED NUTS

WATER AND FLUIDS



CHOOSE FROM
NATURAL WATER
HOME MADE SOUPS,
FRESH JUICES

PROVIDE MINERALS &
ELECTROLYTES



AVOID
SOFT DRINKS, FLAVORED WATER,
SPORTS DRINKS, SUGARY BEVERAGES,
ENERGY DRINKS

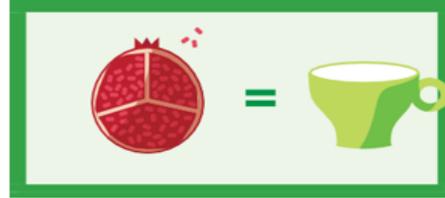
PORTION SIZES

Here is a quick guide on how to measure the most commonly consumed food items

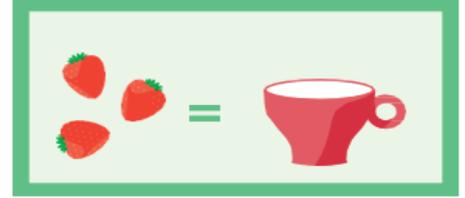
COOKED VEGETABLES 1/2 CUP



POMEGRANATE 1 CUP



STRAWBERRY 1 CUP



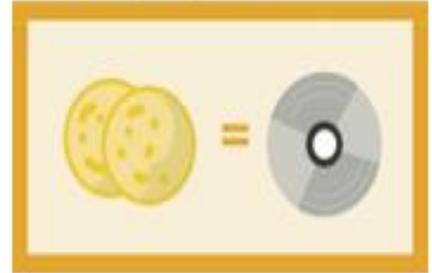
MELONS 1 CUP



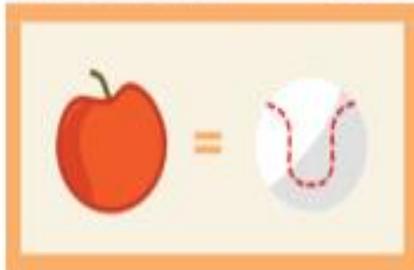
DATES 3 PIECES



ARABIC BREAD, ROTI, NAAN 1 CD



APPLES, PEACHES, ORANGES 1 BASE BALL



NUTS 1 HANDFUL



COOKED RICE 1 CUP



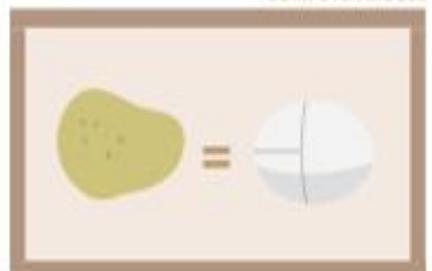
SALAD/CUT VEGETABLES 1 CUP



COOKED PASTA 1 CUP



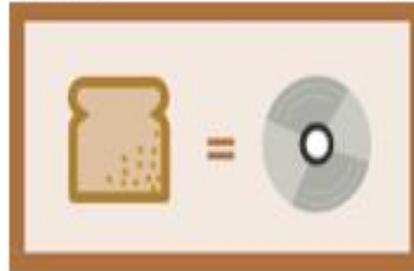
POTATO 1 COMPUTER MOUSE



FRESH JUICE 1/2 GLASS



BREAD SLICE 1 CD

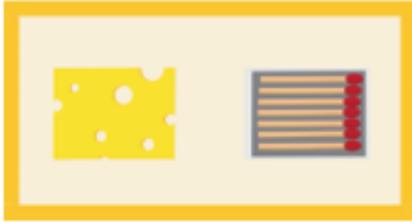


BEANS 1/2 CUP



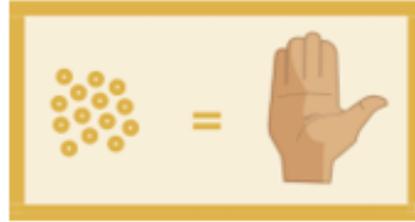
CHEESE

1 MATCH STICK BOX



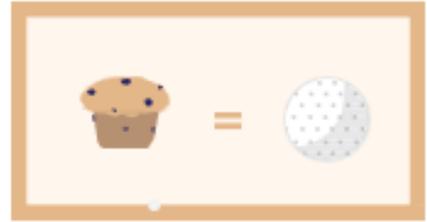
BREAKFAST CEREALS

HANDFUL



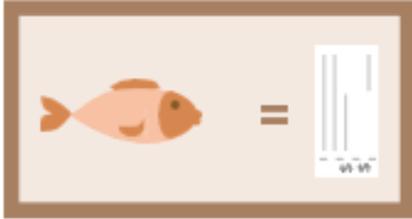
MUFFIN

GOLF BALL



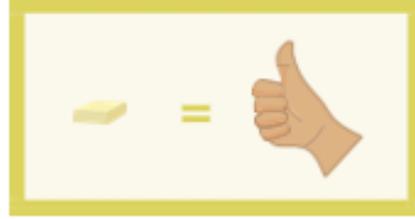
FISH

CHEQUE BOOK



BUTTER

THUMB TIP



CHIPS

HANDFUL



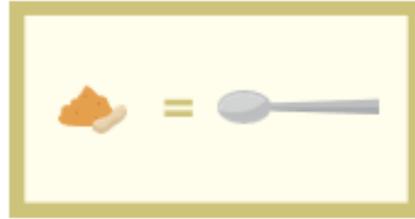
MILK

1 GLASS



PEANUT BUTTER

1 TEA SPOON



POPCORN

TWO PALMS JOINED TOGETHER



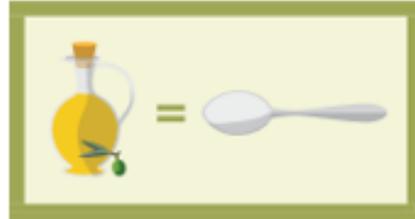
YOGHURT

1/2 CUP



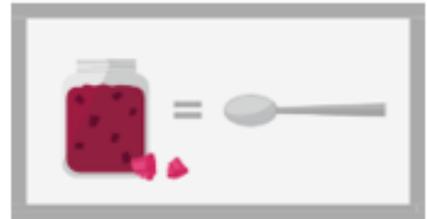
OLIVE OIL

1 TSP



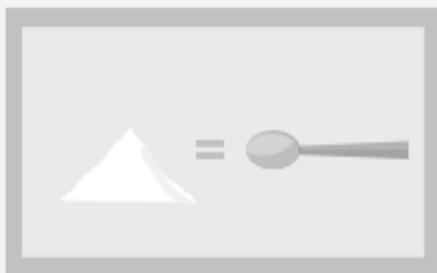
JAMS AND MARMALADES

1 TEASPOON



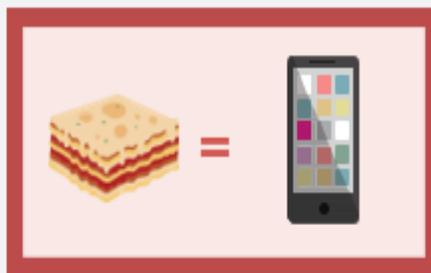
SUGAR

1 TEASPOON



SAGNE

IPHONE



CHICKEN BREAST, MEAT STEAKS

IPHONE



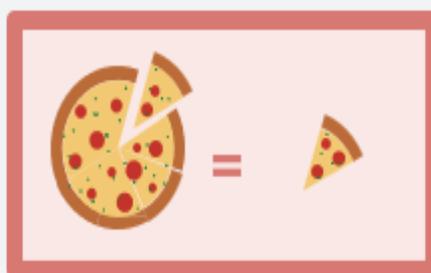
HUMMUS

2 TABLESPOON



PIZZA

1 SLICE



GRAHAM CRACKERS

3 PIECES



HOW TO READ LABELS

WHAT IS A SERVING SIZE?

AMOUNT OF FOOD OR DRINK GENERALLY SERVED AND TO BE CONSUMED AT ONE TIME



IF YOU EAT MORE THAN 1 SERVING AT A TIME IN A DAY YOU ARE GETTING MORE KCALS

100 KCAL PER SERVING IS MODERATE

400 KCAL PER SERVING IS HIGH



IF YOU CONSUME MORE CALORIES THAN YOU BURN, YOU GAIN WEIGHT

1 WHAT IS THIS % DV?

IT IS THE % OF NUTRIENTS PROVIDED BY 1 SERVING FROM YOUR RECOMMENDED DAILY ALLOWANCE

5% DV OR LESS PER SERVING IS LOW

20% DV OR MORE PER SERVING IS HIGH

2 GET LESS

CHOOSE FOODS **LOW** IN THESE NUTRIENTS

3 GET MORE

CHOOSE FOODS **HIGH** IN THESE NUTRIENTS

NUTRITION FACTS

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value *

Total Fat 8g **16%**

Saturated Fat 1g **2%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Proteins 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ALL VALUES IN THE LABEL ARE ALWAYS FOR 1 SERVING

CHOOSE A RANGE OF CALORIES

FOR SNACK 100 - 200

FOR MEALS 300 - 500



ONE PACKET MAY CONTAIN MORE THAN 1 SERVING



WHERE DO YOU FIND NUTRITION LABEL

AVOID EATING MORE THAN 1 SERVING AT A TIME

- ON ALL FOOD PACKETS
- ASK FOR INFORMATION IN RESTAURANTS

WHAT CAN SCHOOLS DO

BE ROLE MODEL

Teachers can be a role model and eat healthy along with the children and influence their eating habits

REWARD THE CHILD

With a star or a badge every time they eat healthy

MAKE HEALTHY OPTIONS MORE VISIBLE

Place fruits and salads in the front of the display, preferably in front of the cash register

ACTIVITY IS THE KEY

Make sure children get enough options to pursue their choice of sports or game in the school

ACTIVELY INVOLVED

Talk to the children and encourage them to pick healthy foods from the canteen

SPREAD AWARENESS AND EDUCATE

Children about the benefits of healthy eating



HOW TO PACK A LUNCH BOX

COLORFUL LUNCH BOX

Include **different varieties** of fruits and vegetables. Colors make children happy.

CHOOSE WHOLE GRAINS

Type of carbohydrates is more important than the **amount** of carbohydrates.

HEALTHY CHOICES

Swap the unhealthy foods with healthy options. Swap a cupcake for berries and yogurt. Swap sugar coated breakfast cereals with plain cereals with dried fruits

SIZE DOES MATTER

Pay close attention to **portion sizes** for different foods. Cheese cube can be the size of your thumb while milk can be a glass full.

KEEP SUGAR AWAY

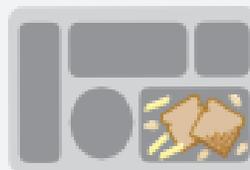
Keep **Sugar away**. Items like, biscuits, most cereals, flavored yogurt and milk, contains added sugar

WATER

Keep your body **hydrated**. Drink plenty of fluids.

Include at least 4 out of the 6 major food group to make choices. **Avoid repeating** items from same group.

40% HEALTHY CARBOHYDRATES



Choose from whole wheat or multigrain bread, oats, tortilla wraps and even sweet potatoes

20% GOOD QUALITY PROTEINS



Like eggs, milk, yoghurt, lean meat, salmon, tuna, red kidney beans, chick peas, cottage cheese **etc.**

25% FRESH FRUITS AND VEGETABLES



Choose from a wide variety fruits such as berries, bananas, oranges, and vegetables like spinach, carrots, squash, mushrooms

15% HEALTHY FATS



Choose from walnuts, olive oil, avocados **etc.**

FLUIDS

Choose from either fresh water, fresh fruit juice, coconut water **etc.**



THE LUNCH BOX

It is important that children take in enough fluids during the day. If they do not drink enough, they may become dehydrated, thirsty, tired and weak. Drinks should always be included in your child's **healthy** lunchbox.

LUNCH BOX SAFETY

KEEP REFRIGERATED

High risk food items, like **tuna sandwiches**, should be refrigerated.

SMALL ICE PACK

Use **small ice pack** or alternatively include a **frozen fruit juice** carton to help keep lunches cool, especially if you included cooked items such as chicken sandwich.

DO NOT KEEP THE LUNCH BOX IN HIGH TEMPERATURE

areas such as inside the car, direct under the sun to prevent spoilage of food.

DISCARD ANY PERISHABLE FOOD

that hasn't been eaten at the end of the day.



WASH YOUR HANDS

Remember to **wash your hands** before preparing your child's meal.

WASH AND DRY

Reusable water bottles, lids and lunchboxes **every day** in warm soapy water.

FRUITS AND VEGETABLES

Should be **washed properly**.



ALWAYS REMEMBER



WATER AND MILK

are the most suitable drinks for children

GO FOR 100% JUICE

and avoid sugary drinks and nectars. (In packed juices)

CHECK THE INGREDIENTS LIST

If you are unsure about whether a drink contains added sugar, Less common terms of sugar that may appear on the ingredients list are **sucrose, fructose, glucose, maltose, dextrose** and **syrup**.

5 DAY PLANNER

BREAKFAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> • 1 slice bread with low fat cheese spread • Low fat yogurt with berries 	<ul style="list-style-type: none"> • Avocado cucumber sandwich • 3 apple slices • 1 small leban 	<ul style="list-style-type: none"> • Chicken lettuce sandwich in pita bread • 4-5 orange peels 	<ul style="list-style-type: none"> • Cottage cheese sandwich in multigrain bread • 1 small banana 	<ul style="list-style-type: none"> • Oats porridge • 1/2 banana and low fat milk 

LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> • Rice with sautéed vegetables and beans • 1 whole banana • Laban 	<ul style="list-style-type: none"> • Chicken lettuce tortilla wrap • Low fat home made fruit yoghurt 	<ul style="list-style-type: none"> • Whole wheat pasta with chicken or vegetables with tomato sauce and some low fat cheese • Orange juice 	<ul style="list-style-type: none"> • Small pita bread sandwich with tuna and corn • Fresh orange juice 	<ul style="list-style-type: none"> • Steamed rice and lightly sautéed mix vegetables or chicken • 1 med apple • Lemonade 

SNACKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> • Baby carrots and hummus 	<ul style="list-style-type: none"> • Low fat yogurt with fresh cut fruits • Some raw nuts 	<ul style="list-style-type: none"> • Small zip bag of home made popcorn 	<ul style="list-style-type: none"> • Mixed raw nuts with dried fruits 	<ul style="list-style-type: none"> • Whole grain crackers + bean dip 

4.6. Roles and responsibilities of schools in promoting healthy eating.

Food plays a major role in ensuring proper health and development of children. Since children spend a major part of their day in the school, it is necessary to provide them with nutritionally balanced meals. Schools have a critical role in helping students to learn and develop healthy eating habits. Schools are also ideal settings for nutrition education because:

- Schools can reach almost all children.
- Schools can teach children how to resist social pressures. Eating is a socially learned behavior that is influenced by social pressures. School-based programs can directly address peer pressure that discourages healthy eating and harness the power of peer pressure to reinforce healthy eating habits.
- After appropriate training, teachers can use their instructional skills and food service personnel can utilize their expertise for nutrition education programs.
- Research evaluations suggest that school-based
- nutrition education can improve the healthy eating behaviors of young children.
- Healthy eating habits developed during childhood go a
- long way in life.
- School-based programs help counter the effect of advertisement and promotions on children's eating habits.
- School-based nutrition programs and policies involve participation from food vendors, school management, parents and students. The role of each party makes the great impact as a team.
- Schools can also, Develop policies that support healthy school nutrition environments and provide a comprehensive approach to physical activity in schools
- Inform and encourage families to send their children to school prepared for the day with an adequate breakfast and a good night sleep
- Inform and support parents in making healthy choices when preparing packed lunches, and role model healthy eating behaviors
- Encourage children to be more physically active during recess to shorten snacking time and avoid overeating
- Ensure kids have enough time to consume meals
- Ensure school premises have enough and easily accessible water supply points for students.
- Ensure to allow enough break time to children to eat their meals and snacks during breaks.
- Provide professional development to school staff on the importance of healthy eating and physical activity and their connection to learning.

5. Physical Activity and Exercise Guidelines

5.1. Physical Education Program

- All students will participate in regular physical education classes throughout the school year. These classes will include activities aimed at developing strength, coordination, flexibility, and cardiovascular health.
- The physical education program will be designed to be **inclusive, promoting physical activity for students of all abilities.**

5.2. Extra-Curricular Activities

- The school will offer a variety of extra-curricular activities that encourage physical fitness, such as:
 - Sports teams (football, basketball, volleyball, etc.)
 - Fitness clubs (yoga, aerobics, etc.)
- Physical activity will be encouraged during breaks and after school.

5.3. Active School Environment

- Students will be encouraged to engage in physical activities throughout the school day, including using the stairs instead of the elevator, walking to class, and participating in short physical activities during breaks.
- The school will provide safe and accessible playgrounds.

6. Education and Awareness

6.1. Curriculum Integration

- Health education will be integrated into the school curriculum, with lessons that focus on the importance of nutrition, physical activity, and maintaining a balanced lifestyle.
- Topics will include:
 - The benefits of a balanced diet
 - Understanding food labels
 - The relationship between physical activity and mental health
 - The importance of hydration and sleep

6.2. Classroom and School-Based Initiatives

- Health-related projects and campaigns will be conducted regularly to promote healthy eating and lifestyle choices, such as "Healthy Eating Weeks" and "Fitness Challenges."
- Interactive workshops, guest speakers, and health fairs will be organized to provide students and staff with additional knowledge about maintaining a healthy lifestyle.

7. Roles and Responsibilities

7.1. School Leadership

- The school leadership team is responsible for overseeing the implementation and continuous evaluation of this policy. They will ensure that sufficient resources and support are available to meet the policy's objectives.
- The leadership team will also provide annual reports on the status of the school's health initiatives, including student participation in physical activities and the consumption of healthy meals.

7.2. Health Professional and Physical Education Teachers

- Health and Physical Education (PE) teachers will lead physical education programs and health education lessons, ensuring that students are educated on nutrition, physical fitness, and healthy lifestyle habits.
- PE teachers will assess and monitor students' physical activity levels, providing guidance on how to improve fitness and overall health.

7.3. School Canteen Staff

- The school canteen staff will be responsible for ensuring that all food and beverages offered in the canteen meet the school's nutritional guidelines.
- They will work with nutritionists and the administration to make necessary adjustments to the menu to promote healthier options.

7.4. Students

- Students are expected to actively participate in physical activities and make informed choices regarding their diet, in line with the health education received.
- They are also encouraged to take part in health initiatives and campaigns organized by the school.

7.5. Parents and Caregivers

- Parents and caregivers play a vital role in reinforcing healthy eating and lifestyle choices at home. They are encouraged to provide nutritious snacks and meals for their children and support their participation in physical activities.
- Parents will be kept informed about school initiatives and encouraged to participate in school events and health-related workshops.

7.6. School Counselors

- School counselors will provide support for students facing challenges with mental health or body image, ensuring that they receive the necessary resources and counseling to maintain a healthy and positive self-image.

- They will also help students set personal goals for physical activity and healthy eating.

8. Monitoring and Evaluation

- **Monitoring:** Regular assessments will be conducted to evaluate the effectiveness of the policy. This will include surveys of students and staff, tracking physical activity participation rates, and reviewing food offerings in the school canteen.
- **Feedback:** Feedback will be sought from students, parents, and staff to continuously improve the policy's implementation.
- **Review:** The policy will be reviewed annually, and any necessary updates will be made to ensure it aligns with the latest guidelines from the Ministry of Education and the Ras Al Khaimah Department of Knowledge.

9. Conclusion

This policy is committed to supporting the physical, mental, and emotional well-being of all students at Pakistan Higher Secondary School RAK by promoting healthy eating and lifestyle practices. Through the joint efforts of the school leadership, staff, students, and parents, we will cultivate a school environment that prioritizes health, fitness, and wellness.

Approved by:

Name of Principal: -----

Signature: -----

Date:-----