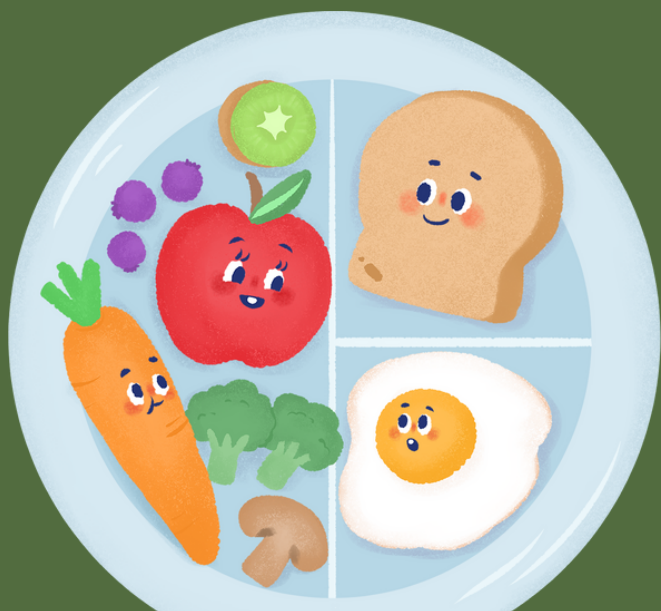


FEBRUARY 2024

HEALTHY HABITS

at Oxford



What children eat and drink during their early years can affect their health for many years to come. General eating habits are formed in the first few years of life, so it is important to encourage your children to eat nutritious food.

- Children need a healthy balanced diet containing foods from each food group, so they get a wide range of nutrients to help them stay healthy.
- Children's appetites vary depending on age, growth spurts, and how much activity they have done so it is important to provide appropriately sized portions.
- Children should have a wide variety of food from this food group, and they should be offered at each mealtime.



Lunch Box

It is important to include a balanced variety of food in your child's lunchbox so they get all the nutrients they need to reach their full potential. Packed lunches offer a valuable contribution to your child's diet, so it's worth spending a little time planning and preparing what goes into them.

HEALTHY HABITS

at Oxford



- Try to offer a wide variety of bread such as high fibre white of bread, wholemeal, granary, tortilla, pitta, and potato bread.
- Wholegrain breakfast cereals and whole oats are a great way to start the day.
- Boil, mash or bake potatoes - choose oven chips instead of fried. try homemade wedges.
- Beans, pulses, and lentils are good alternatives to meat, are low in fat and high in fibre, protein, vitamins, and minerals.
- Nuts also contain protein, but whole nuts, including peanuts, shouldn't be given to children under five years of age in case they choke.
- Meat is a good source of protein, vitamin B12 and iron. A diet rich in iron will help prevent iron deficiency.
- Dietary alternatives are important during childhood as they are a good source of calcium, vitamins A and D, protein, and fat.



Teeth-friendly drinks and snacks to offer between meals include:

- milk or water
- chopped fruit and vegetables, for example, apple, pear, banana, orange, carrot, or cucumber.
- bread or toast (preferably wholemeal or wholegrain) with a small amount of butter, margarine, or a low-fat spread (without jam, honey, or chocolate spread)
- plain breadsticks or plain unsalted rice cakes
- pitta bread or a plain bagel served with a small amount of butter, margarine, low-fat spread, or low-fat soft cheese.
- natural yoghurt or plain fromage frais - add your own fresh, frozen, or tinned fruit for extra flavour.
- wholegrain and unsweetened cereals (don't add sugar to cereal)
- sandwiches with sugar-free fillings, such as tomato, banana, tuna, lean meat, or egg.

HEALTHY HABITS

at Oxford



These should only be given occasionally.

- Processed meat (such as sausages, bacon, cured meat and reformed meat products) and chicken products are often a real favourite with children. They should be limited, as they are high in fat and salt.
- Cakes, biscuits, chocolate, sweets, puddings, chips, ice cream, pastries, dried fruit, like raisins

If your child eats these sorts of foods

- try to make sure they eat them only occasionally or in small amounts.
- check the label and choose those options lower in fat, saturated fat, sugars, and salt.

help and encourage your child to clean their teeth twice every day, including last thing at night.



Responsibility of the school clinic in healthy diet.

- Monitoring and maintaining of healthy and junk food of the students with teacher's help.
- Monitoring and comparison of BMI with previous years.
- Monitoring of school canteen.



Kaushalya



School Doctor
Draupadie Kaushalya

If you have any concerns you may contact the clinic team , clinic@oxford.sch.ae or doctor@oxford.sch.ae