

Policy Information

Policy Title	Nutrition Policy
Section	
Policy Number	
Effective Date	1 st January 2026
Review Cycle	Annual
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Implementation and Exemptions

Bateen World Academy (BWA) is required to implement this policy in alignment with **ADEK's Unified School Nutrition and Food Safety Guidelines (ADG 2/2025)** and the **IB Learner Profile**, which collectively guide our approach to health, ethics, and community well-being.

Exemptions will only be granted for **medical, cultural, or religious** reasons, with supporting documentation (e.g., medical certificate or dietary statement).

Objective and/or Scope

To nurture globally-minded, self-aware, and balanced individuals who make healthy, informed food choices that support their physical and emotional growth.

Policy / Process

1. Goals:

- Align all nutrition practices with ADEK, ADPHC, and IB standards.
- Develop **Learner Profile attributes** through nutrition education:
 - Balanced:** make thoughtful choices about diet, exercise, and rest.
 - Knowledgeable:** understand the science of nutrition and its impact on health.
 - Caring:** consider others' allergies, dietary needs, and cultural food preferences.
 - Principled:** act responsibly and ethically in food choices and sustainability.
 - Reflective:** monitor personal habits and set health goals.
 - Open-minded:** respect cultural and dietary diversity across our international community.
 - Inquirers:** explore where food comes from and how it affects the body.
- Use nutrition as a foundation for developing self-management, responsibility, and community respect.

2. Nutrition Education within Whole-being and IB Curriculum

- Healthy eating education will be included across Whole-being lessons, Design and Technology, PE, and Science, fostering inquiry, balance, and reflection.
- Students learn to connect nutrition with academic success, personal well-being, and the environment.

Examples of Learning Themes:

- *MyPlate and global food cultures* (Knowledgeable, Open-minded).
- *The link between nutrition, concentration, and mental health* (Reflective).
- *Food waste and sustainability* (Caring, Principled).
- *Marketing and consumer choices* (Thinkers, Inquirers).
- *Balanced lifestyles across cultures* (Balanced, Open-minded).

Practical Activities:

- Healthy lunchbox and smoothie challenges.
- Student-designed “Eat Smart” posters for canteen displays.
- Collaboration with Food Nation chefs for cooking demos.
- IB service projects on sustainability and healthy living.

3. Student Lunchboxes and Positive Reinforcement

Students and parents are expected to follow ADEK’s Green List principles and model Balanced and Principled choices.

Healthy (Green List) Examples – Encouraged:

- Fresh fruit
- Raw vegetables
- Whole-grain bread, wraps, rice, or pasta
- Lean proteins
- Plain yogurt, low-fat cheese, or milk
- Water

Unhealthy (Red List) Examples – Discouraged:

- Deep fried foods
- Sweet pastries
- Highly processed meats
- Confectionery and chocolates
- High sugar drinks
- High sodium content foods

Positive Reinforcement and Student Agency:

- House Points for “Healthy Eater of the Week.”
- “Balanced Lunchbox Champions” boards.

- Class reflection discussions on “how our food choices help us learn.”
- Students encouraged to reflect weekly on their “Balance” attribute in their Self-Care Plans.

4. School Canteen

The Canteen Service Provider is an educational partner in modeling healthy choices and global-mindedness.

The Canteen Service Provider is expected to:

- Provide ADEK SEHII compliant menus
- Label calories and allergens clearly
- Use healthy preparation methods
- Minimise deep-fried foods.
- Provide Halal, vegetarian, and allergen-safe options

5. Hydration

BWA promotes the IB attribute of being Reflective and Balanced by encouraging students to recognize hydration as part of self-care.

Water stations are available throughout the school to ensure accessibility and model environmental responsibility.

6. Special Events and Birthdays

Celebrations reflect BWA’s Caring, Balanced, and Principled values.

Encouraged for Class Events:

- Fruit skewers, vegetable platters, yogurt cups, low-sugar whole-grain muffins, air-popped popcorn.
- Water or milk

Discouraged for Class Events:

- Cakes, cupcakes, chocolate, candy, chips, or sugary drinks.
- Fast food deliveries or takeaway platters.
- Nuts, sesame, or allergenic items.

Encouraged Alternatives:

- Non-food celebrations: certificates, games, books, or acts of service.

7. Parent Engagement and Workshops

BWA will host termly Parent Nutrition Workshops with the Nurse, Counsellor, and School Canteen Service Provider to:

- Explain ADEK's Green/Red list guidelines.
- Demonstrate healthy lunchbox assembly.
- Provide age-specific meal ideas.
- Encourage home discussions about balance and self-care.

Parents receive annual Healthy Eating Guides and visual infographics showing *what is encouraged* and *what is not*.

Monitoring, Reflection, and Evaluation

- Whole-being Coordinator, School Nurse, and Canteen Manager will monitor compliance and provide reports each term.
- Regular *student reflection journals* will track understanding of balanced living.
- Surveys (PASS, Whole-being, and canteen feedback) will identify trends and inform improvements.
- Staff and students will celebrate healthy initiatives through Whole-being assemblies.

8. Compliance

All food sold, served, or consumed on campus must comply with this policy.

- **Canteen** – subject to quarterly audits by ADEK and internal inspections.
- **Parents** – reminded through newsletters and workshops.
- **Students** – guided through reflection and education, not punishment.

References

- ADEK Policy 63 (*Food Services and Nutrition*)
- Abu Dhabi Public Health Center (ADPHC) and ADAFSA regulations
- The IB Learner Profile and the BWA's Whole-being Vision
- *Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG 2/2025)*

Definitions / Responsibility

Definitions:

- **Healthy Food:** Low in sugar, salt, and fat; high in nutrients.
- **Balanced Diet:** A meal including fruits, vegetables, whole grains, lean proteins, and dairy.
- **Green List:** Encouraged food and beverages as per ADEK/ADPHC standards.
- **Red List:** Discouraged items high in sugar, salt, or fat.

Responsibilities:

- **SLT:** Oversee policy implementation and ensure IB integration.

- **Whole-being Coordinator / Nurse:** Lead health education and compliance audits.
- **School Canteen Service Provider:** Provide ADEK-compliant, SEHHI-certified menus.
- **Teachers:** Reinforce the Learner Profile through classroom practice and modeling.
- **Parents:** Provide balanced lunchboxes and support event guidelines.
- **Students:** Demonstrate the Learner Profile in daily food choices — *being Balanced, Reflective, and Caring.*

Policy History

1. **Adopted – Date Adopted 1st January 2026**
2. **SLT Ratified – Date Ratified**
3. **Revised – Date Revised**
4. **Updated – Date Updated**