



Rawdhatul Uloom recognises the importance of healthy eating and the wider implications of an unhealthy diet on an individual's health and on the community at large. Healthy eating must be encouraged from a young age to make it a habit for life.

The purpose of the policy:

- To encourage children to have a healthy diet.
- To inform the adults of the school community about healthy eating in school.
- To have a healthy school community.

We aim to:

- Encourage children to eat more fruit and vegetables
- Encourage children to eat less sugar and fat
- Encourage children to drink plenty of water
- Help children to understand the long term effects of healthy/unhealthy eating through the medium of science and PSHE

We do NOT allow:

1. Take away food
2. Fried food
3. Chocolates' (this includes chocolate spread/ biscuits)
4. Crisp
5. Sweets
6. Fizzy pop

Break Time:

For the morning break children must bring a **fruit** to eat.