



Healthy Eating Policy

We are very aware that many parents are eager to encourage their children to develop healthy life habits. At PIPS we also want to educate children about having a balance in their life as part of our PYP programme. This includes teaching children about healthy food choices.

What we are doing at PIPS Kowloon

- We provide snacks for each session from the PN classes upwards, and endeavour to make this as healthy as possible whilst also being tempting for the children.
- We ask that children bring water to school to drink and we do not provide sugary or fizzy drinks.
- We talk to children about making healthy food choices and model this too.
- In our LKG/UKG and PN classes we have specific Units of Inquiry which focus on food and healthy living.
- In the Playgroup, where children are beginning to try a wider range of different foods and feed themselves independently, teachers talk about healthy choices too, on a daily basis.
- Classes will engage in cooking activities related to units and cultural events and this allows further opportunity to point out healthy food choices. We would like to involve parents in this too.

What parents can do to support our Healthy Eating Policy

- Encourage children to try a wide range of foods, including those that are healthy and non-processed.
- Talk about the health benefits of eating healthily.
- At birthday times in school choose a cake that is not too sugary.
- If a party bag is brought to school make sure it does not contain sweets.
- Do not hand out sweets to children in our school.
- If there is a request for food from teachers, bring healthier options.

If we work together on this aspect of health, we can help to encourage children to develop healthy life styles and develop into healthy adults.

