

# HEAL Newsletter

Promoting healthy eating and active living

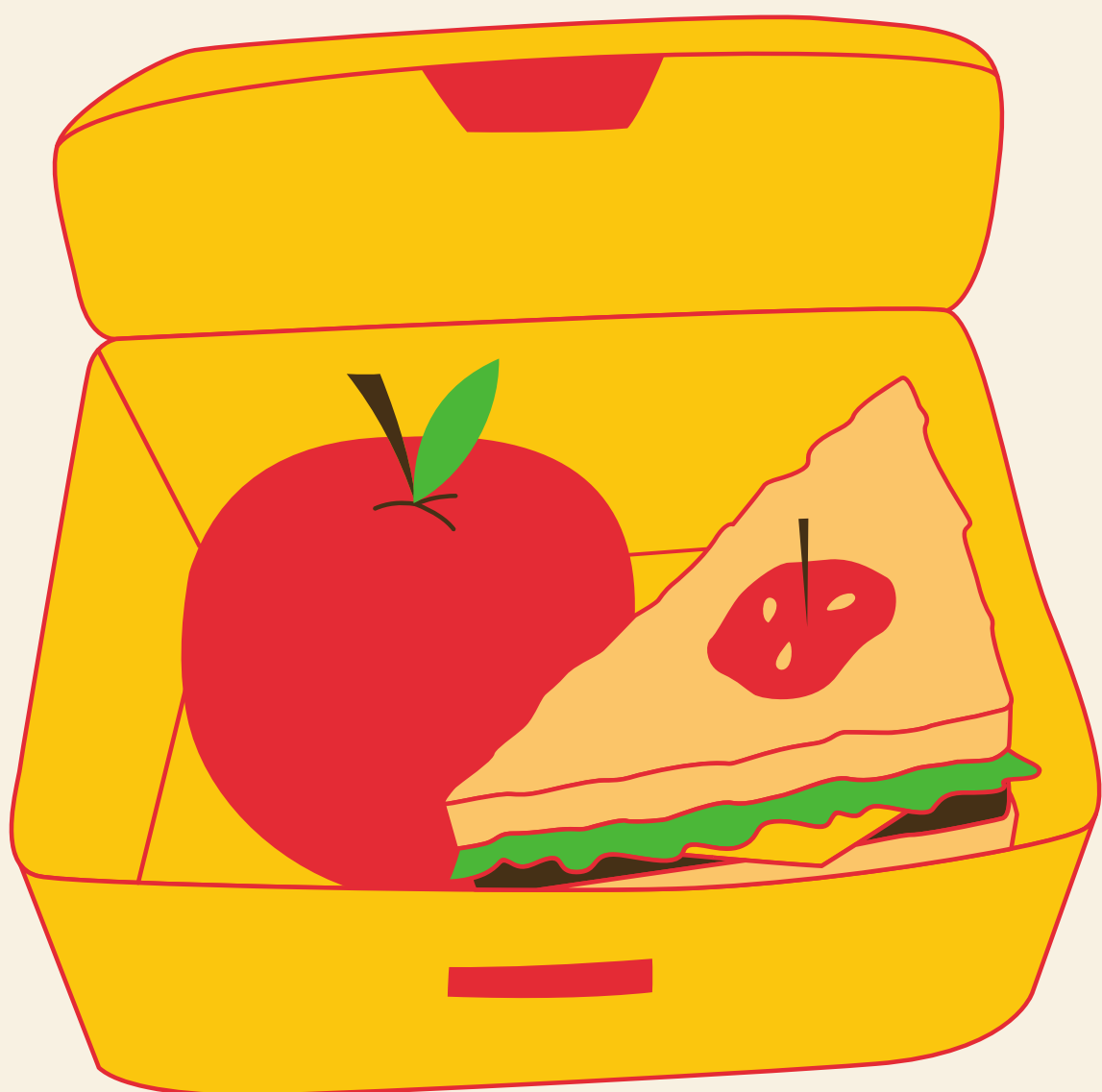


## *A note from us,*

We at Delhi Private School Sharjah value the importance of healthy eating. We encourage and support children to develop good eating habits which we hope to continue into adulthood. When we eat well, we fuel our bodies with important nutrients. A good diet and nutrition also play an important role in our mental health, physical health, and social development.

We have been focusing on the importance of making healthy food choices at school and we want to make sure we share some important tips with you.

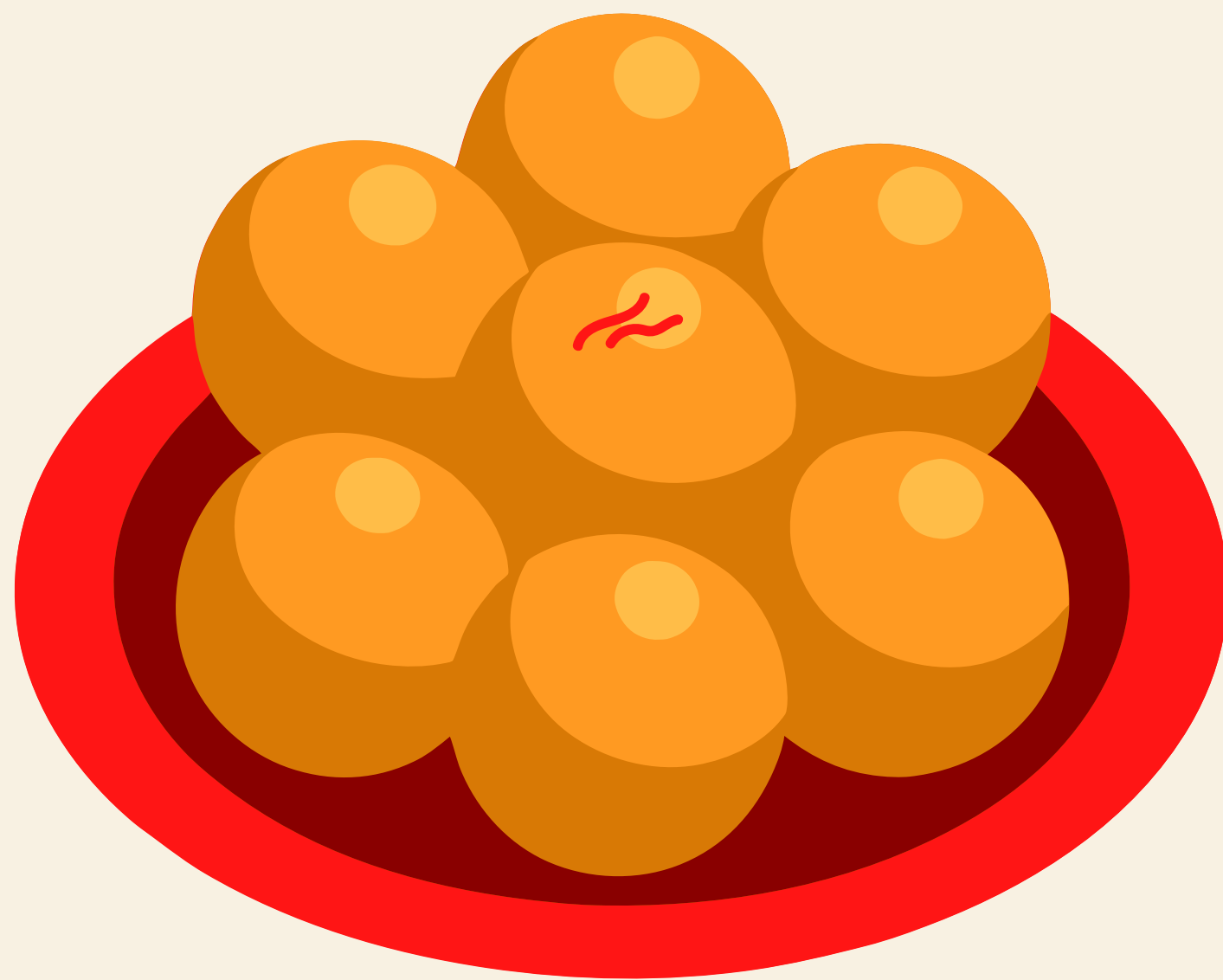
## HEALTHY PACKED LUNCH



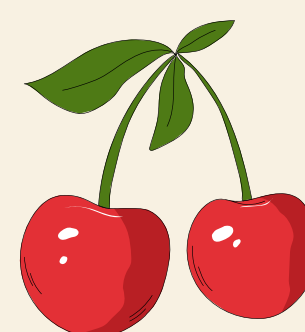
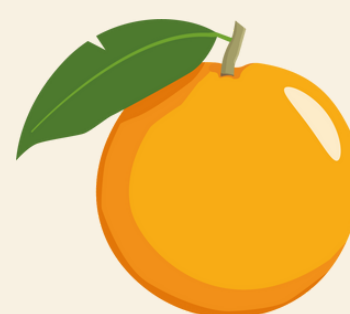
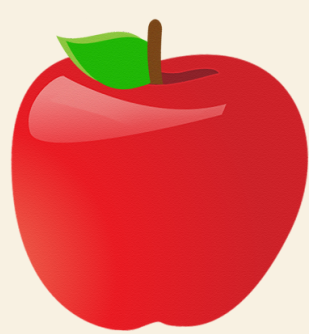
- **Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.**
- **It is important for learning that children have the right food at lunchtime.**
- **Lots of our children have a wide variety of healthy packed lunches which is brilliant.**
- **Try to include a range of options to support a balanced and healthy diet.**
- **Vegetables are not always a favourite option with the children but try to offer your child vegetables and encourage them to try new ones.**

# IDEAS FOR A PACKED LUNCH

1. Chapatti Veggie Roll
2. Besan Veggies Cheela
3. Vegetable Potato Cutlets
4. Beetroot / Carrot French Fries
5. Roti, jaggery and ghee are rich in iron and minerals and are quick
6. go-to snacks for the long ride back home or post-PE class.
7. Homemade ladoos made with wheat flour, jaggery, nuts and coconut.
8. Oats Ladoo
9. Homemade chakli, mathri and chivda with peanuts.
10. Carrot idlis



 **Avoid giving sugary snacks, biscuits, wafers, or chocolates**



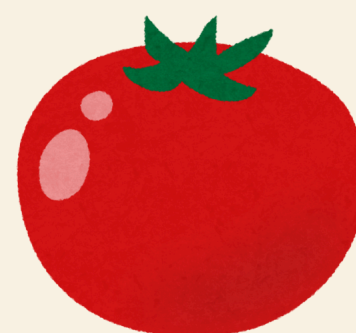
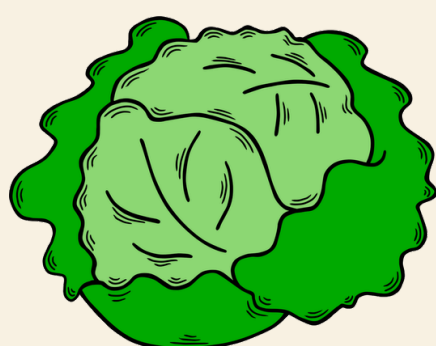
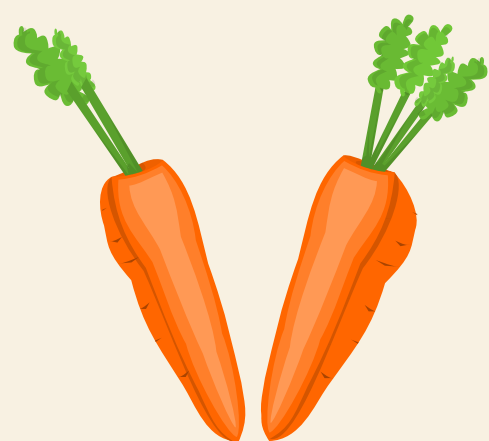
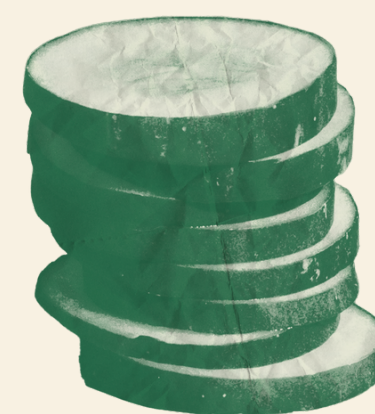
## FRUIT BREAK

We encourage parents to provide children with a healthy snack to eat at break time. Some ideas for snacks could be:

Raisins

Nuts and fruits.

Veggie sticks with hummus.



# HYDRATION

Having a water bottle full of water in school helps to keep children hydrated and ready to learn. Children can refill their water bottles throughout the day.

It is recommended that children and adolescents do 60 minutes (1 hour) or more of physical activity each day.



**Here are some tips to help your child spend more time being active and have fun as a family:**

- Limit screen time to 2 hours each day for children 2 years or older
  - Ride bikes, jump rope, play tag, play on a jungle gym etc.
  - Turn on some music and have a family dance party!
  - Be a good role model – if you reduce your screen time and move more, your kids will too!
- Importance of Family Meals:**
- Turn off the TV during mealtime – families who eat together and socialize tend to eat healthier.