

TCS/GEN/013/2022-23

Date: 13-04-2022

CIRCULAR

VALUE OF THE MONTH: FRIENDSHIP - صداقة

SUBJECT: HEALTHY FOOD FOR HEALTHY OUTCOMES

Dear Parent,

Greetings from The Central School Dubai!

"Let food be thy medicine and medicine be thy food" - Hippocrates

It is widely known that a healthy balanced diet is vital for children's growth, development, long term health, and wellbeing. As a parent, one of the most important things you do is to help your children learn healthy eating habits. The quality of a child's diet can have a real effect on their performance at school.

A sincere request to not give lunch and water in glass containers or bottles as they can easily break and hence pose a safety risk to the children.

Please take note of the following while you pack their lunch boxes:

- ❖ At least one portion of fruit, dry fruit, and/or vegetables. A child's portion is the amount of fruit or veggies they can fit in their little hand.
- ❖ **A daily protein source: Meat, fish, eggs, beans, chickpeas, lentils** are great protein sources that can easily be incorporated into your child's lunch box.
- ❖ Starchy foods such as bread, pasta, rice and cereals provide your little ones with energy.
- ❖ Dairy foods are an excellent source of calcium which is important for your little one's growing bones. Incorporate cheese or yogurt into their meals.
- ❖ Other non-dairy sources of calcium include dried fruits such as figs and apricots.
- ❖ **Water** is very crucial to keep them hydrated throughout their day. Do not forget to send a bottle of water along.
- ❖ **If your child is fasting this month then incorporate all these in the Suhoor so that there is enough energy to take on the day at school.**
- ❖ **Avoid** packaged, processed, and **zero nutritional value foods** like chips, candies, cakes and donuts.
- ❖ **Soft Drinks** are strictly prohibited.

Eat Well. Live Well. Be Well.

Regards,



Vice Principal