

# Myanmar International School Yangon

## Healthy Eating Policy



**Approved by:** Ei Ei Zin (Board of Directors)

**Date:** 2nd August 2023

**Last reviewed on:** October 2025

**Next review due by:** October 2027



## **1. INTRODUCTION**

MISY is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

## **2. FOOD POLICY AIMS**

The main aims of our healthy eating policy are:

1. To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

## **3. CURRICULUM**

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through the different subject areas such as PSHE, Science and PE. After school activities also run cooking and nutrition classes.

### **3.1. Teaching methods**

Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions, role-play and hands-on cooking experiences.

### **3.2. Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this the school healthcare manager ensures that staff are informed about healthy eating choices and will support teachers in the classroom when necessary. Healthy eating posters are placed in the canteen area.

### **3.3. Visitors in the classroom**

MISY values the contribution made by the school healthcare manager in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own approach to the subject. The status of visitors to the school is always checked, ensuring that the content of the visitor's talk is suitable for the ages of the students.

### **3.4. Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas.

#### **4. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

Our school canteen supports the healthy eating policy and aims to provide nutritious food to the students and teachers at reasonable prices.

Students and staff who use the canteen are served with a variety of choices on a daily basis, prepared in a kitchen adhering to commercial food hygiene standards and by skilled staff.

The canteen manager works hand in hand with student council, the environmental committee and other school associations; practising recycling, plastic reduction and the promotion of healthy eating habits.

Examples of food served in the canteen:

##### **Breakfast**

Mohinga  
Egg Sandwich (Vegetarian)  
Tuna Sandwich  
Burmese Style Fried Rice with Egg  
Shan Noodle

##### **Lunch**

Sweet & sour fish chunks  
Chicken in oyster sauce and assorted vegetables  
Stir-fried cauliflower (Vegetarian)  
Tom yum soup (Vegetarian)  
Pennywort Salad (Vegetarian)  
Spaghetti Bolognese  
Cream of mushroom soup  
Chicken Hamburger  
Omelettes

##### **Snacks and drinks**

Lime Juice  
Pineapple Juice  
Yoghurt  
Assorted Fruit Salad  
Vegetable Spring Roll  
Crispy Chicken Wontons

#### **4.1. Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

Students and parents are encouraged to bring healthy snacks to school.

#### **4.2. Use of food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other

achievements. Other methods of positive reinforcement are used in school. These include complimentary remarks, house points etc. Food should not be used for end-of-term presents to students.

For exceptional events such as end of year parties, school discos, movie nights etc food rules may be relaxed in consultation with the head of section. In these cases, healthy options will continue to be provided and encouraged.

On children's birthdays, parents can supply food, as detailed in the parent handbook.

### **4.3. Drinking water**

The school provides a free supply of drinking water. Students are required to bring their own water bottles and use the stations around the school to refill.

## **5. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **5.1. Caterers serving food on the school premises**

To operate on school premises, all caterers must demonstrate that staff have undergone appropriate food hygiene training and that their services meet appropriate food safety requirements.

### **5.2. Packed lunches**

The school encourages parents and carers to provide children with packed lunches that promote healthy eating. This is promoted at the Meet the Teachers event at the beginning of the year and throughout the year as part of the parent coffee morning schedule.

### **5.3. Food deliveries**

Students are not allowed to order food in from external providers during the school day. Secondary students may be given permission on special occasions such as birthdays, in consultation with the head of section.

## **6. SPECIAL DIETARY REQUIREMENTS**

### **6.1. Special diets for ethnic and religious groups**

While the school attempts to provide a wide variety of food it is currently unable to provide Halal or Kosher food on a regular basis.

### **6.2. Vegetarians and vegans**

The school canteen offers a vegetarian option at lunch everyday. The school is unable to provide vegan options on a regular basis, although requests for vegan options can be accommodated for special occasions.

### **6.3. Food allergy and intolerance**

Students with food allergies are recorded on the school management system and the school healthcare manager ensures that staff who teach that child are informed.

For serious allergies the head of section will send a letter to parents in the class, informing them not to include the certain food in packed lunches or for snacks

## **7. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available, that food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

## **8. THE FOOD AND EATING ENVIRONMENT**

The school runs a monthly canteen committee that is attended by representatives from the staff, The heads of pastoral care, the head of primary, junior student council representatives, senior student council representative, the school health care manager and the head of the catering company.

### **8.1. Communication**

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

The healthy eating policy will be promoted via school notice boards, posters in reception, the school website, assemblies and parents newsletter.

### **8.2. Monitoring and evaluation**

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

Monitoring of school food choices is undertaken by the catering manager and representatives from the staff and student body through monthly canteen committee meetings.

If students are noted to consistently choose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

Food concerns will be discussed with caterers, students, parents and staff as the need arises.

## **Linked policies**

Health and safety policy