



## HEALTHY FOOD REGULATIONS

**Aims: Better knowledge about which foods are more healthy and which are less healthy.  
Better knowledge about the importance of a balanced diet (regarding quality and quantity of food consumed)**

**Children are encouraged to bring healthy lunch to School everyday**

A. It is important that food brought by children to school is healthy. This may consist of:

- bread
- fruit
- yoghurt
- pasta/rice
- nuts (no salt)
- 'kagħak tal-ħmira'
- crackers
- rice cakes
- 'gallett'
- popcorn (home-made)
- vegetables
- Home-made food
- water
- milk
- natural fruit juice
- dried fruit
- cereal bars and cereals (low in sugars)

B. It is important that children do not bring food or drinks which include sugars, fats and salt, such as:

- chocolates
- chewing gum
- biscuits
- salted or sweetened snacks
- sweets
- pizza, sausage rolls, 'pastizzi' and other pastries bought from shops
- processed meat such as sausages and burgers
- fried food
- croissants
- juices
- soft drinks
- energy drinks
- nutella and other sugary spreads
- cakes, doughnuts, sponges, etc
- wafers
- cereal bars and cereals (high in sugars)

C. Exeptions:

- Parents must first seek permission from the school administration for their children to bring to school food which is normally not permitted. This may only take place in case of children affected by particular conditions or allergies.
- Certain types of food may be permitted at school on special occasions such as outings, Christmas parties, fund-raising activities and Easter activities. Teachers inform parents and children beforehand before these occasions.

D. Important points:

- Instead of bringing a cake on the occasion of their birthday, children are encouraged to donate a book to the class library. This initiative helps children to share material, and at the same time it increases the classroom resources.