

Healthy Foods Guidelines

Research indicates that eating a healthy and nutritious diet can improve mental health, enhance cognitive skills like concentration and memory and improve academic performance.

Schools play a key role in influencing healthy eating habits, and at OneSchool Global students will be encouraged to:

- Enjoy a wide variety of nutritious foods
- Eat plenty of fruit and vegetables
- Eat plenty of unrefined starchy foods
- Include meat, fish, eggs, beans and other sources of protein
- Include some milk and dairy foods
- Limit food and drink high in fat, sugar and salt
- Choose water as a drink

Our Canteens

OSG Canteens will encourage healthy choices by having **75%** everyday foods, **25%** occasional foods, and ensuring items in the rarely category are not sold at the regular school canteen.



'Everyday' foods and drinks are healthy choices from the 5 food groups, and include grains (bread, rice, pasta), vegetables, fruit, yoghurt, cheese, lean meats, fish, eggs, nuts and seeds.



'Occasional' foods and drinks are mostly high in energy, saturated fat, sugars and/or salt, often with limited nutritional value. Items include sweet muffins, savoury pastries, processed meats and dairy desserts.



'Never' foods and drinks that have high sugar content and little to no nutritional value. Items in this category include sugar-sweetened drinks, confectionary, cakes and deep-fried food.

Energy Drinks

The consumption of energy drinks has a detrimental effect on learning and is not conducive to good physical and mental health. The caffeine found in high caffeine products such as energy drinks has been shown to impact student engagement in the classroom, impacting concentration and responsiveness, and increasing the likelihood of disruptive behaviour.

To enable our students at OneSchool to have a quality educational experience, energy drinks will be banned on Campus.

What can parents do

- Consider the 3:1 ratio of everyday and occasional foods when packing your child's lunch box.
- Talk to your child about the importance of a healthy, nutritious diet, and the negative health effects of consuming energy drinks.
- Encourage your child to consume water throughout the day using a refillable drink bottle.
- Know that if your child purchases and brings to school an energy drink it will be confiscated and/or disposed of by staff.

Your support of OneSchool's healthy foods guidelines will have a big impact on the health and wellbeing of our students!