Healthy Eating Habits

The quality of school meal depends on the choice of ingredients and the cooking methods used. An ideal and healthy lunch should offer one-third of the daily nutritional needs of a school child.

The principles of a healthy meal include the following:

- Offer whole grains and cereals like brown rice, boiled pasta, baked potatoes
- Offer fresh vegetables and proteins such fresh salads, beans, chickpeas, etc...
- Eat fresh fruits
- Provide low fat dairy products
- Apply healthy and low fat cooking methods like steaming, boiling and baking
- Use vegetable oils, such as canola oil or olive oil and limit the use of fatty oils
- Cook meat and chicken without skin or any other fatty substance
- Decrease salt and sugar in your food menu