

معاً نعود
TOGETHER WE RETURN

هيئة الشارقة للتعليم الخاص
SHARJAH PRIVATE EDUCATION AUTHORITY



Health Promotion
التثقيف الصحي

إدارة التثقيف الصحي - Health Promotion Dept.
المجلس الأعلى لشؤون الأسرة بالشارقة - SOFA - Shj



Child School Lunchbox



The Health Promotion Department of the Supreme Council for Family Affairs has launched a series of awareness and educating publications in light of Covid 19 targetting students, parents, administrative and teaching staff which included tips and measurements to prevent the spread of Covid 19 virus

Health Promotion Dept. - إدارة التثقيف الصحي
النشء الصحي

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SCFA - Shj المجلس الأعلى لشؤون الأسرة بالشارقة



مجلس الأعلى لشؤون الأسرة
Supreme Council For Family Affairs

Child School Lunchbox booklet

prepared and produced by

Health Promotion Department

in Supreme Council for Family Affairs in Sharjah

In cooperation with Sharjah Private Education Authority

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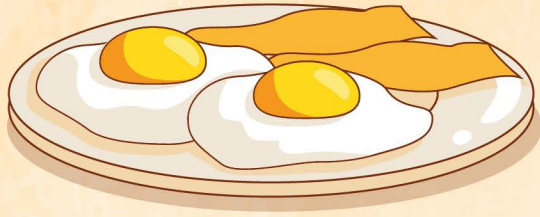
Food is an essential source to provide our children's bodies with the energy and vitality needed to start a new school day. So, dear parents, make sure that your child has a healthy and complete breakfast before going to school, and also make sure to prepare their school lunchbox with a meal rich in elements beneficial to their health and to enhance their immunity.

How is breakfast at home?



Carbohydrates:

It gives the child the energy needed, so you must choose healthy types of carbs, such as brown toast or whole-wheat cereals.



Proteins:

It ensures the proper growth of the child. Some sources of protein that can be added to the breakfast meal are egg and dairy products.



Vitamins & Minerals:

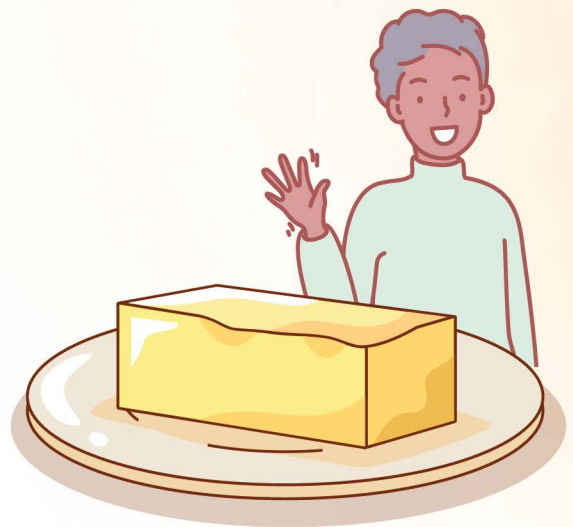
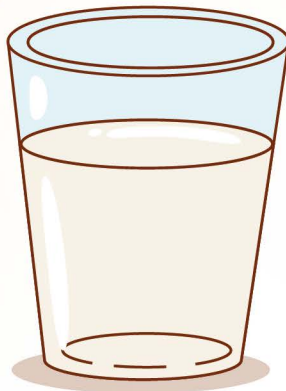
It provides the child's body with the necessary energy from various sources of vegetables and fruits that contain different important nutrients.





Dairy Products:

strengthen the child's bones and protect them from diseases related to growth stunting and osteoporosis.



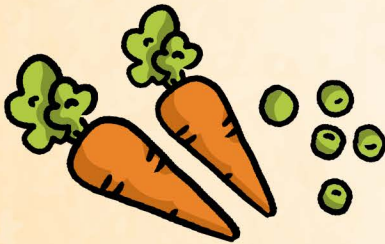
Water
bottle



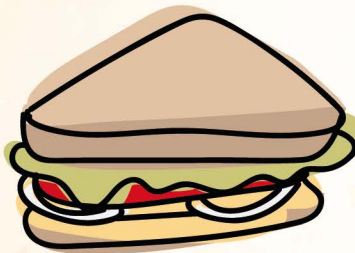
What should I prepare for my child in their lunchbox?



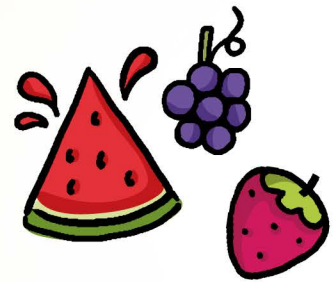
Fresh
milk
or juice



**Different
vegetables
cut into
slices.
Examples:
Slices of
carrots or
cucumber**



**A meal that
contains sources
of carbohydrates,
proteins,
vegetables.
Examples: brown
toast + slice of
cheese +slices of
cucumber or
tomato**

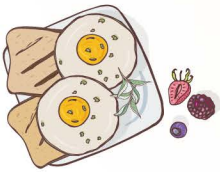


**Different
fruits cut into
slices
examples:
Slices of
apples,
oranges, or
strawberries**

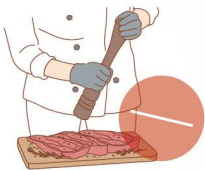
How can I make sure the food in my child's lunchbox is safe?



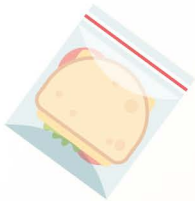
Clean: Don't forget to wash your hands with water and soap for at least 20 seconds.



Weigh it: The amount of food should not exceed the child's need so that the remaining food does not rot.



Prevent it from cross-contamination: Don't use the chopping board of fruits and vegetables for meats.



Close it tightly: Make sure you wrap all the items needed and close it tightly.



Make it various: Vary healthy foods everyday so the child feels the desire to eat.



Keep it cold: Keep food that needs to be refrigerated for long as possible and then put it in the child's school lunchbox.



التثقيف الصحي Health Promotion

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