

DS/063/2025-26

Date:18/06/2025

BUILDING HEALTHY EATING HABITS

Dear Parents,
Greetings from Dewvale School!

This Wellness Wednesday, let us focus on something vital to every child's growth and development — healthy eating habits.

Good nutrition fuels your child's learning, supports their immune system and helps them stay active and alert throughout the day.

Healthy habits start at home and your involvement is key. Let us work together to give our children the knowledge and nourishment they need to thrive!

Please find the attached poster for your reference.

Best Regards,

A handwritten signature in green ink, reading 'Seema Umar'.

سيما عمر

Seema Umar



Healthy Habits, Happy Kids: Nutrition Tips for Parents



Balanced Meals

Ensure your child's meals include a mix of fruits, vegetables, whole grains, lean proteins, and dairy for a well-rounded, nutritionally rich diet.

Hydration

Encourage regular water intake throughout the day to keep your child hydrated and support their overall health.



Limit Sugary Foods

Reduce the consumption of sugary snacks and beverages to promote dental health and prevent excessive calorie intake.

Portion Control

Teach your child about appropriate portion sizes to instill healthy eating habits and prevent overeating.



Family Meals

Make family meals a priority, fostering a positive environment and allowing for shared nutritious experiences.

Variety is key

Introduce a variety of foods to expand your child's palate and ensure they receive a broad range of essential nutrients.



Limit Processed Foods

Minimize the intake of processed and fast foods, opting for whole, fresh foods to provide better nutrition.