

A Whole School Approach To A Healthy Lifestyle: Healthy Eating and Physical Activity Policy

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Ministry for Education and Employment

Is the policy document adopted?:

Yes

Adopted by:

Ministry for Education and Employment

Country(ies):

Malta

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2015

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Adopted year:

2015

Type of policy:

Nutrition policy, strategy or plan focusing on specific nutrition areas

A Whole School Approach To A Healthy Lifestyle: Healthy Eating and Physical Activity Policy

Goals

Goals, objectives or targets related to nutrition:

The Whole School Approach to Healthy Lifestyle: Healthy Eating and Physical Activity Policy aims to:


- Give high priority to healthy eating and physical activity through holistic education.
- Strengthen the necessary framework and support an enabling school environment to help the whole school community to adopt healthier patterns of living by encouraging physical activity, promoting healthy foods and limiting the availability of products high in salt, sugar and fats.
- Empower children to achieve the required physical and health literacy, to adopt a healthy lifestyle from an early age and to make informed choices about their lifestyles throughout the life course.
- Make provision for a flexible curriculum which highlights health, nutrition, food safety and hygiene and food preparation, which promotes physical activity.
- Ensure that clear and consistent messages about food, drink and physical activity are delivered across the school day as to reinforce the health messages consistent with those promoted by the Health Authorities.

The Ministry for Education and Employment has the lead responsibility for monitoring the implementation of this policy.

URL link:

<https://education.gov.mt/en/resources/News/Documents/Healthy%20Eating%20and%20Physical%20Activity%20Policy.pdf>

File upload:

 MLT 2015 A Whole School Approach- Healthy Eating and Physical Activity Policy.pdf

Policy topics:

- Overweight in adolescents
- Overweight in school children
- Fat intake
- Sodium/salt intake
- Sugar intake

- Fruit and vegetable intake
- School-based health and nutrition programmes
- Regulation/guidelines on types of foods and beverages available
- Nutrition in the school curriculum
- Hygienic cooking facilities and clean eating environment
- Promotion of healthy diet and prevention of obesity and diet-related NCDs (general)
- Promotion of fruit and vegetable intake
- Regulating marketing of unhealthy foods and beverages to children
- Creation of healthy food environment
- Physical activity and healthy lifestyle
- Sugar reduction
- Fat reduction (total, saturated, trans)
- Salt reduction
- Monitoring mechanism established

Partners in policy implementation

- Government
 - Health
 - Education and research
 - Labour
- National NGO(s)

Links

[1] <https://extranet.who.int/nutrition/gina/sites/default/files/MLT%202015%20A%20Whole%20School%20Approach-%20Healthy%20Eating%20and%20Physical%20Activity%20Policy.pdf>

