



Food Service in International School

การจัดบริการอาหาร
ในโรงเรียนนานาชาติ

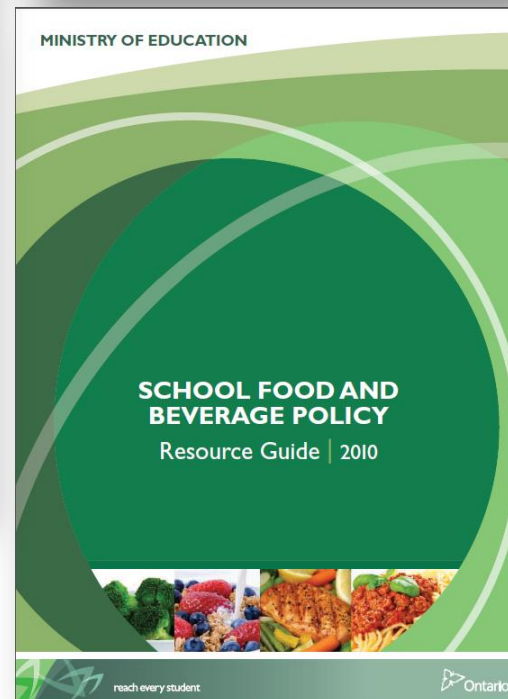
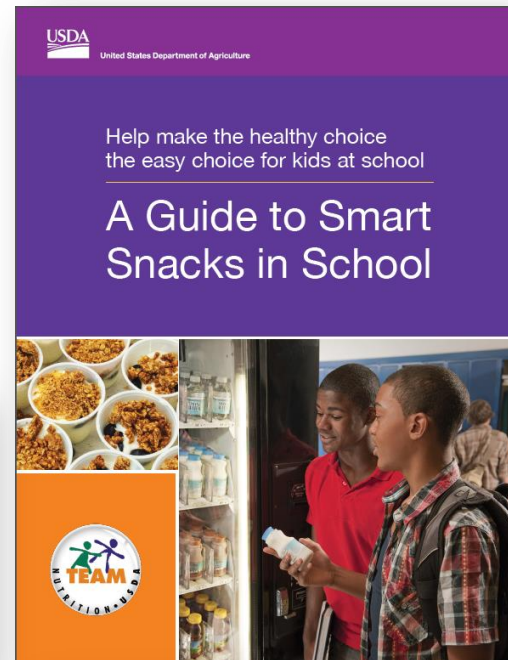
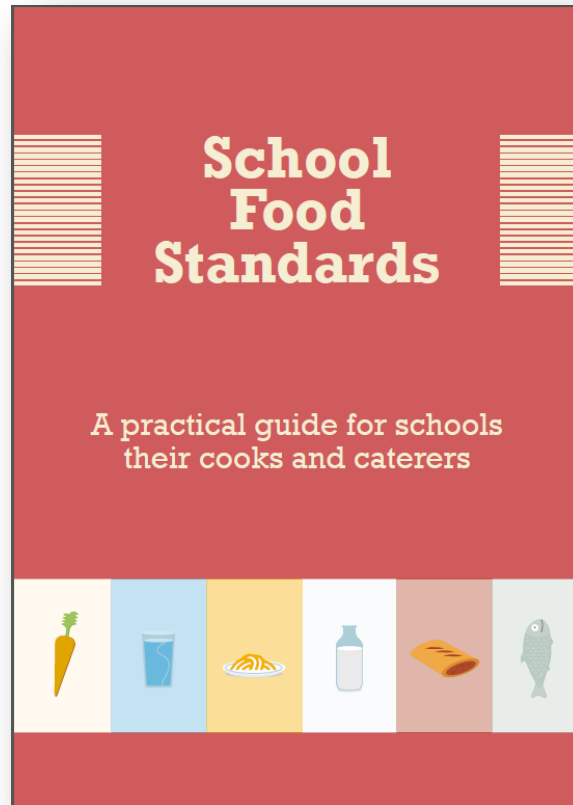
Jiraprapa Boonpan, CDT
School Dietitian, Bangkok Patana School

The Characteristics of International School

- Wide range of nationality
- International Curriculum
- International community
- Variety of culture



References guideline for School Food



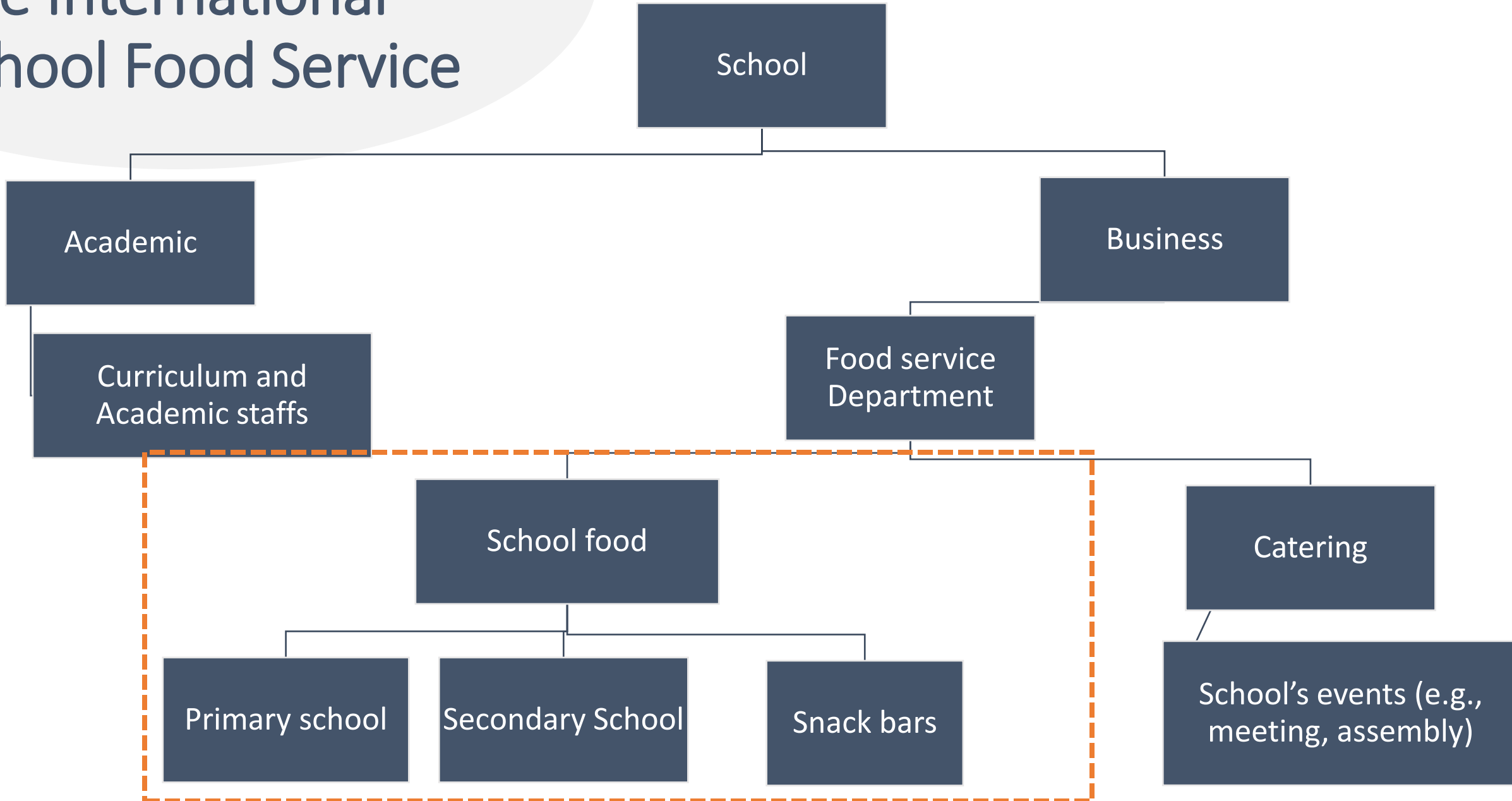
More than 80%
of population are
world wide
nationality



Policy statement of School Food service

“The school has a responsibility to ensure that wherever possible we provide healthy eating choices for all students. In practice, this means that we have taken a number of steps to ensure that we serve the minimum amount of ‘unhealthy options’. We regularly work with academic staffs to ensure that healthy eating is also promoted within the classroom and children understand the food choices that are given them.”

Introducing The International School Food Service

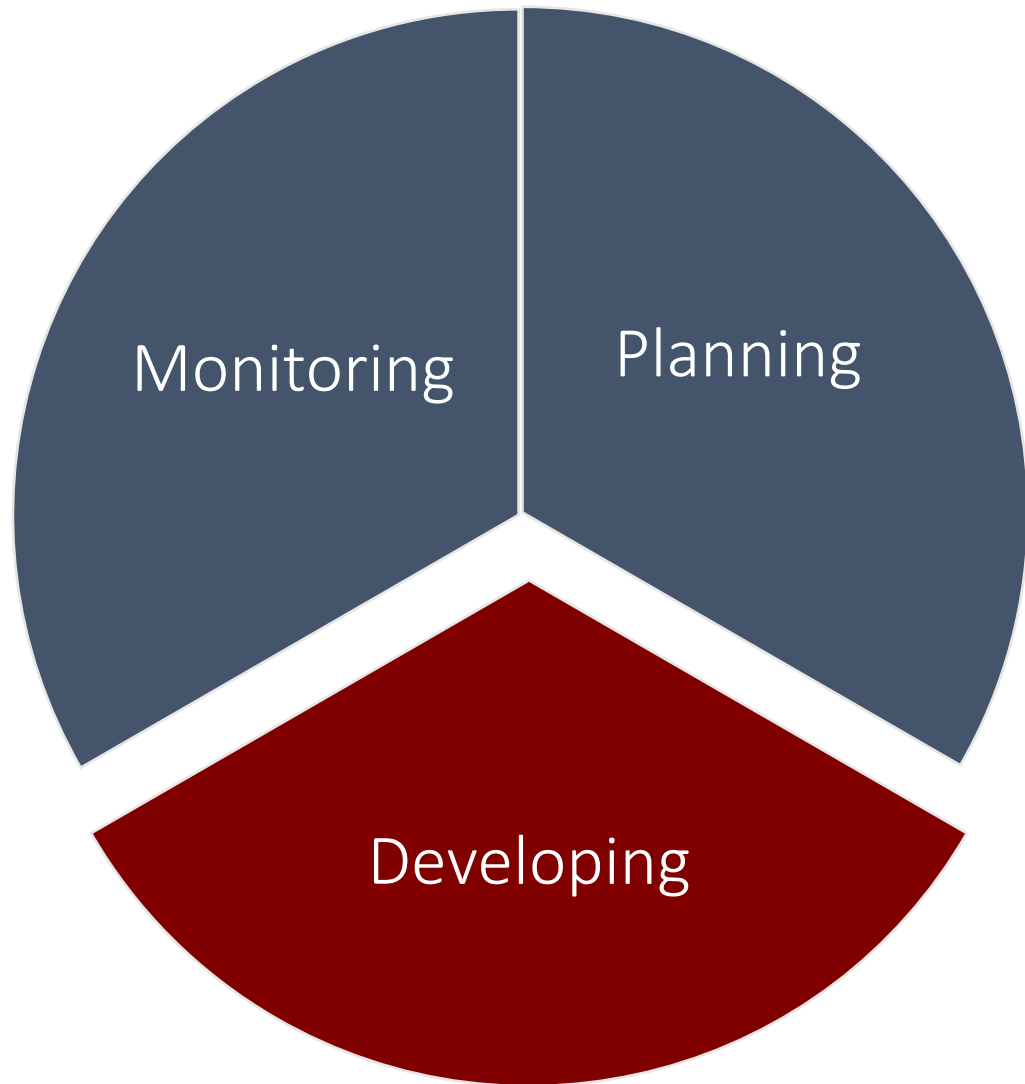


Role of School Dietitian/Nutritionist



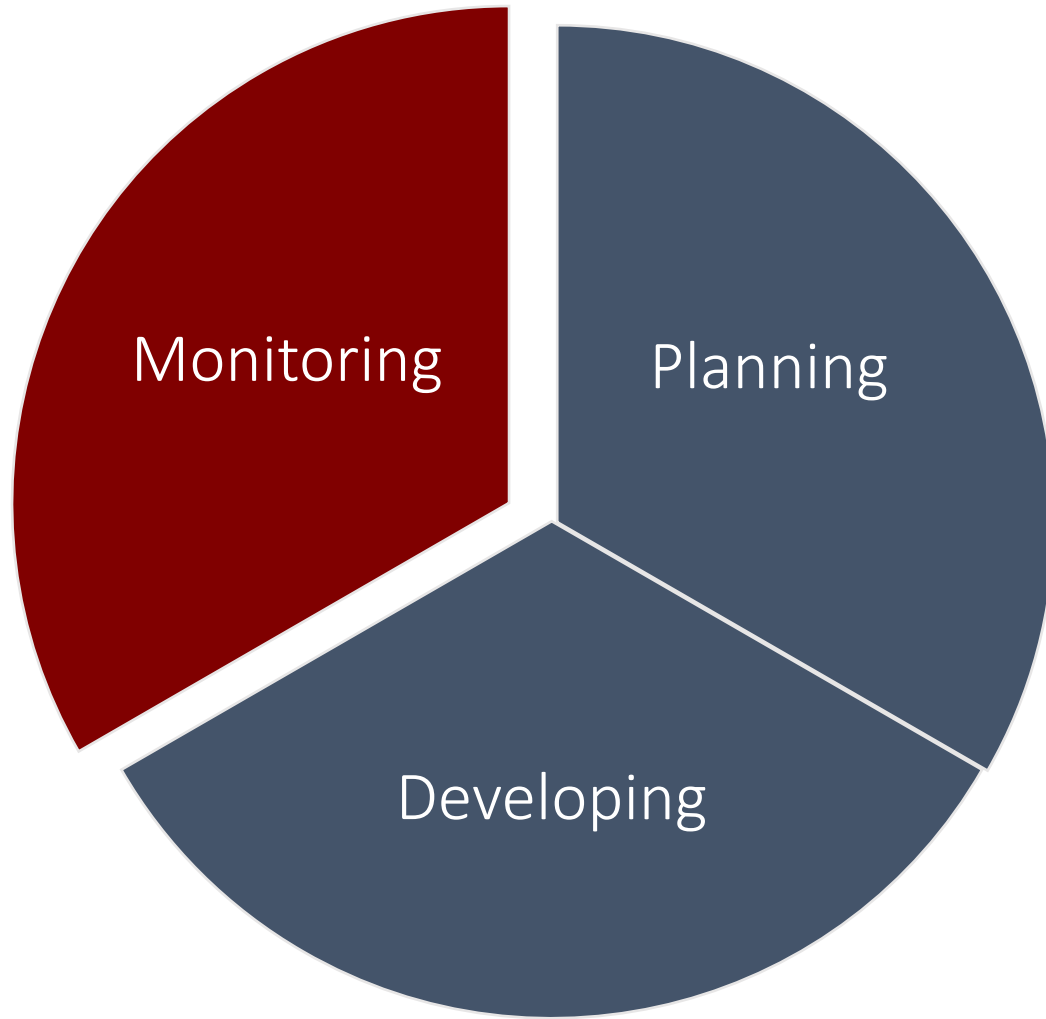
- Plan food and nutrition programs for the School
- Plan the weekly menu for the canteen
- Plan culinary training program to school food service
- Plan paperwork for weekly snack purchasing.

Role of School Dietitian/Nutritionist

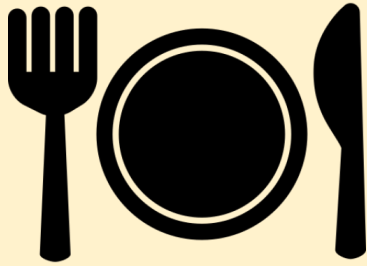


- Develop the policies for school food
- Develop and adjust the recipes for healthy and balanced nutrients.

Role of School Dietitian/Nutritionist



- Monitor the overall school food, make sure they are aligned with the school's policy.
- Monitor the school food quality and food hygiene.



School Foods

- School lunch
- School Snack bars



School Community

- Academic staffs
- student delegates
- Parents/guardians
- School's publication



The Buffet School Lunch

School Lunch

Foundation
Stage

(ages 2+ to 5+)

Primary
School

(ages 5+ to 11+)

Secondary
School

(ages 11+ -18+)

Weekly menu public in school's website

PRIMARY CANTEN WEEKLY MENU (Monday 05/11/2018 -Friday 09/11/2018)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Nursery/FS1</u> :Sautéed Pork with Vegetable : Steamed rice : Salad*(carrot, broccoli,pine apple, water melon) <u>For Vegetarians students</u> :Tofu Palou	<u>Nursery/FS1</u> :Gstewed Chicken : Steamed rice : Salad*(baby corn,sweet pea, guava, cataloupe) <u>For Vegetarians students</u> :Thai Tofu curry	<u>Nursery/FS1</u> :Fried Fish : Steamed rice : Salad* (Cauliflower ,pea, watermelon, apple) <u>For Vegetarians students</u> :Sautéed TVP with Vegetable	<u>Nursery/FS1</u> : Chicken Goulash : Steamed rice : Salad* (carrot, broccoli, pine apple, water melon) <u>For Vegetarians students</u> : Vegetables sweet and sour	<u>Nursery/</u> :Minced chicken lasagne : Steamed rice : Salad*(baby corn,sweet p , guava, cataloupe) <u>For Vegetarians s</u> : Sautéed Pumpkin with Egg
<u>Western</u> ♣ Salad Bar 🍖 Baked Pork Mushroom Sauce 🐟 Baked Fish with Lemon ♣ Paneer makhani ♣ Steamed Mixed Vegetable ♣ Sautéed Potatoes with Parsley	<u>Western</u> ♣ Salad Bar 🍝 Spaghetti Pork Bolognese 🍗 Kadhai Chicken ♣ Spaghetti Mushroom Stroganoff ♣ Steamed Mixed Vegetable ♣ Baked Potatoes With Rosemary Salt	<u>Western</u> ♣ Salad Bar 🍗 Butter Chicken 🐟 Bake Fish with Teriyaki ♣ Chickpea Casserole with Lemon ♣ Steamed Mixed Vegetable ♣ Sautéed Potatoes with Parsley	<u>Western</u> ♣ Salad Bar 🍖 Baked Pork Spicy Maxican 🐟 Baked Fish Pineapple Salsa ♣ Mushroom Quiche ♣ Steamed Mixed Vegetable ♣ Mashed Potatoes	<u>Western</u> ♣ Salad Bar 🍗 Buffalo wings 🍖 Pork Lasagne ♣ Ratatouille Tarte Tartin ♣ Steamed Mixed Vegi ♣ French Fries
<u>ASIAN</u> 🍲 Gang Ped Moo Red Curry Pork with Pumpkin 🍤 Goong + Pak Tempura Shrimp + Vegetable Tempura ♣ Pad Pak Jay Sautéed Kale ♣ Pad Tua Ngok Tao Hoo Sautéed Bean Sprout with Tofu ♣ Khao Pad Jay Vegetarian Fried Rice 🍜 Guay Tiew Gai Toon Noodle Soup Stewed Chicken	<u>ASIAN</u> 🍲 Laab Gai Sub Minced Chicken Salad 🍲 Moo Ob + Khao Niew Baked Pork , Sticky Rice ♣ Pad Pak Jay Sautéed Broccoli ♣ Som Tum Thai Papaya Salad ♣ Khao Pad Jay Vegetarian Fried Rice 🍜 Guay Tiew Gai Sub Noodle Soup with Minced Chicken	<u>ASIAN</u> 🍲 Moo Sub Pad Si-ew Sautéed Minced Pork with Soy Sauce 🍳 Khai Jiow Thai Omelet ♣ Pad Pak Jay Sautéed Chinese Cabbage ♣ Pad Preaw Whan Jay Vegetables Sweet & Sour ♣ Khao Pad Jay Vegetarian Fried Rice 🍜 Guay Tiew Moo Toon Noodle Soup with stewed Pork	<u>ASIAN</u> 🍲 Gai Pad Kratium Sautéed Chicken with Garlic 🍤 Pla Meuk Chub Pang Tod Fried Squids ♣ Pad Pak Jay Sautéed Green Bean & Carrot ♣ Pad Prik Protein Kaset Sautéed Textured Vegetable Protein ♣ Khao Pad Jay Vegetarian Fried Rice 🍜 Guay Tiew Gai Toon Noodle Soup Stewed Chicken	<u>ASIAN</u> 🍲 Moo Pad Prik Thai SautéedPork with Peg 🍤 Pla Yaang Gleu Grilled Fish ♣ Pad Pak Jay Sautéed Broccoli ♣ Tom Khai Gai Jay Textured Vegetable Protein Soup with Coconut Milk ♣ Khao Pad Jay Vegetarian Fried Rice 🍜 Guay Tiew Moo Sub Noodle Soup with Minced Pork
Duck Fish Chicken ♣ Vegetarian Egg Pork Seafood Beef Dairy Product				

Nursery

Primary canteen

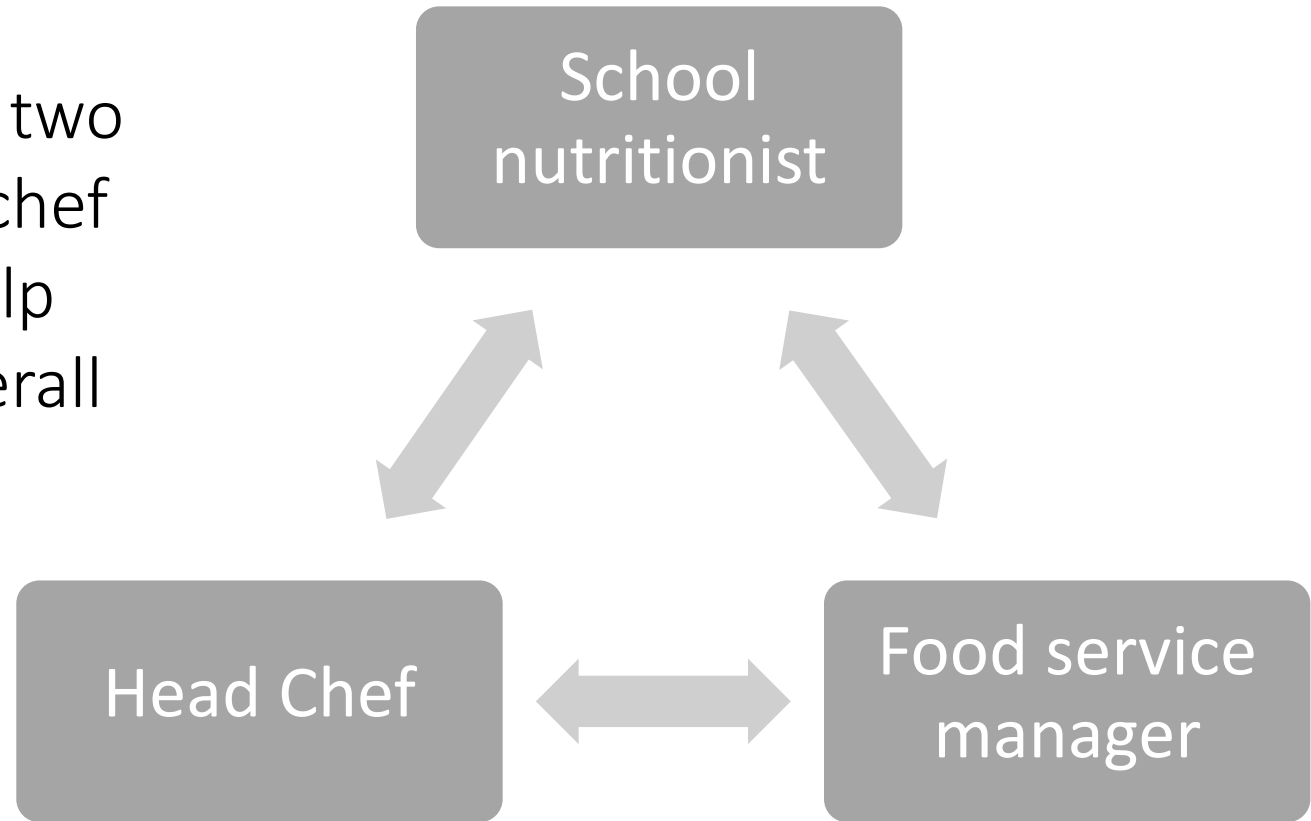
Weekly menu public in school's website

SECONDARY CANTEEN WEEKLY MENU (Monday 05/11/2018 -Friday 09/11/2018)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western ♣ Salad Bar (Pineapple,spinach, Nicoise salad) Baked Pork Mushroom Sauce Baked Fish with Lemon ♣ Paneer makhani ♣ Steamed Mixed Vegetable ♣ Sautéed Potatoes with Parsley	Western ♣ Salad Bar (Potato Salad, Broccoli,Shrimp) Spaghetti Pork Bolognese Kadhai Chicken ♣ Spaghetti Mushroom Stroganoff ♣ Steamed Mixed Vegetable	Western ♣ Salad Bar (Pumpkin, Spinach, Caesar) Butter Beef Bake Fish with Teriyaki ♣ Tofu Tikka ♣ Steamed Mixed Vegetable ♣ Sautéed Potatoes with Parsley	Western ♣ Salad Bar (Sweet Corn, California, Ham) Baked Pork Spicy Maxican Baked Fish Pineapple Salsa ♣ Mushroom Quiche ♣ Steamed Mixed Vegetable ♣ Mashed Potatoes	Western ♣ Salad Bar (Coleslaw, Red Bean, Beef) Buffalo wings Pork Lasagne ♣ Grilled Mushroom with Balsamic Sauce ♣ Steamed Mixed Vegetable ♣ Frier
ASIAN Gai pad Med Mamuang Sautéed Chicken with Cashew Nut Nam Prik Goong Sod Shrimp Dip with Vegetables ♣ Pad Pak Jay Sautéed Kale ♣ Pad Tua Ngok Tao Hoo Sautéed Bean Sprout with Tofu Udon Moo Ob Udon	ASIAN Laab Gai Sub Minced Chicken Salad Moo Ob + Khao Niew Baked Pork , Sticky Rice ♣ Pad Pak Jay Sautéed Broccoli ♣ Som Tum Thai Papaya Salad Tom Yum Po Tak Spicy Seafood Soup	ASIAN Gai Pad Sauce Sautéed Chicken with Mixed Sauce Si-klong Moo Pad Prik Klueh Sautéed Pork Rib Taiwan Chilli ♣ Pad Pak Jay Sautéed Chinese Cabbage ♣ Pad Preaw Whan Jay Vegetables Sweet & Sour Gang som Cha-om Khai Sour Soup Vegetable Egg	ASIAN Khao Klook Kapi Shrimp Paste Rice with Condiment Gai Ob Sa-Mun-Prai Baked Chicken Thai Herbs ♣ Pad Pak Jay Sautéed Green Bean & Carrot ♣ Pad Prik Protein Kaset Sautéed Textured Vegetable Protein ♣ Tom Jued Fug Winter Melon Soup	Moo Sour Pla Sour ♣ Pad Pak Jay Sautéed Morning Glory ♣ Tom Khai Gai Jay Textured Vegetable Protein Soup with Coconut Milk ♣ Soup Hed Horm Toon Ya Jeen Mushroom Soup with Chinese Herb
Duck Fish Egg	Chicken Nuts	♣ Vegetarian Pork	Seafood Beef	Dairy Product

Secondary
canteen

Menu Cycle

The weekly menu will be released two weeks in advance for handing to chef and food service manager to help considering with the cost and overall the menus.



Things to consider for menu cycle

- Cultured food (Western foods ,Indian foods, Thai Foods)
- Colouring
- Type of meats (e.g. Poultry, pork, beef, fish, seafood)
- Type of foods (spicy, plain)
- Balanced diet (e.g., % of fried foods, High saturated-fat food.)
- Enough source of protein (plant or animal protein)
- Frequency, variety of foods
- Eating behaviour (primary student, secondary student)



Pros and Cons

- **Wide range of foods** : it is easier and more cost effective to provide guests with a variety of choices, helpful since people have so many types of allergies and dietary restrictions.
- **fewer labor for service** : the operation only needs a few staffs to monitor the service to check for refills and observe how everything goes.
- **Controllable food choices** : the given menus will be controlled by considering with the balanced nutrients and to be in the budget.

Pros and Cons

- **High unintended food waste** : Buffets also require larger quantities of prepared food and it's unpredictable whether or not the consumers will like the foods on any given day.
- **Uncontrollable portion size** : it is self-serve service which mean students can refill their foods whenever they want.
- **Staff alert** : staff need to closely observe not only the refilling the dishes, but also maintaining hygiene standards.
- **Longer queue** : individuals might take a moment to choose on the buffet and it might cause

Nursery-Foundation stage lunch

Meat dish
(Chicken Curry)



Vegetarian dish
(Thai omelet)



Steamed
Vegetables
(mini salad
bars)



Nursery-Foundation Stage Lunch



Foundation stage : classroom sitting lunch

Teacher and staffs sit closely with student while lunch time, ensuring that student get enough nutrients for their daily needs.





THE BUFFET-LUNCH STYLE

For Primary Canteen and Secondary Canteen

BUFFETS LUNCH MENU

SECONDARY CANTEEN

PRIMARY CANTEEN

	Salad Bar	Salad Bar (Sweet Corn, California, Ham)	Salad Bar
1	Western	Baked Pork Spicy Mexican-หมูอบซอสแม็กซิกกันสไปซี่	Baked Pork Spicy Mexican-หมูอบซอสแม็กซิกกันสไปซี่
2	Western	Baked Fish Pineapple Salsa-ปลาอบซอสซัลซ่าสัปรด	Baked Fish Pineapple Salsa-ปลาอบซอสซัลซ่าสัปรด
3	Vegetarian Western	Mushroom Quiche - คิชเห็ด	Mushroom Quiche - คิชเห็ด
4	Potatoes	Mashed Potatoes - มันฝรั่งบด	Mashed Potatoes - มันฝรั่งบด
5	Steamed/Baked Vegetables	Steamed Mixed Vegetable-ผักรวมหนึ่ง	Steamed Mixed Vegetable-ผักรวมหนึ่ง
6	Thai	Baked Chicken Thai Herbs-ไก่อบสมุนไพร	Sautéed Chicken with Garlic - ไก่ผัดกระเทียม
7	Thai	Shrimp Paste Rice with Condiment - ข้าวคลุกกะปิ	Fried Squids - ปลาหมึกชุบแป้งทอด
8	Vegetarian Thai	Sautéed Green Bean & Carrot - ผัดถั่วงอกเตาแครอท	Sautéed Green Bean & Carrot - ผัดถั่วงอกเตาแครอท
9	Vegetarian Thai	Sautéed Textured Vegetable Protein - ผัดพริกโปรตีนเกษตร	Sautéed Textured Vegetable Protein - ผัดพริกโปรตีนเกษตร/ข้าวผัดเจ
10	Soup	Winter Melon Soup - ต้มจืดฟัก	Noodle Soup Stewed Chicken - ก๋วยเตี๋ยวน้ำไก่ตุ๋น

PRIMARY CANTEEN



SECONDARY CANTEEN





School Snack bars



Snacking time!

student have 3 times daily to access the snack bars

- morning break
- lunch
- after school



Bangkok Patana School **Snack Bar Standards**

Jiraprapa Boonpan, Nutritionist
Genevieve Ahi, Services Manager

Bangkok Patana School Snack Bar Standards will help to ensure that there are appropriate snack and beverage options available in our Snack Bars for our students.



The Snack bar Standards

The Snack Bar Standards can be used as a tool to classify commercial foods and snacks by their nutrient profile fit in to the traffic light categories and can reflect the matter nutrient component in each group

GROUP OF COMMERCIAL FOODS

HOT FOODS

1

Sticky rice
Sandwiches
Toasties
Hot dog



DRINKs

Non milk-

3 based*

DRINKS

Milk-based*

2



SNACKS

4

Bakery
Ice-Cream
Crisps



SNACKS

Bakery
Ice-Cream
Crisps

Energy and Nutrient	Scoring		
	Excellent (2 point)	Average (1 point)	Poor (0 point)
Energy (kcal/serving size)	≤ 150	> 150	≥ 200
Total fat (g)	≤ 4	> 4	≥ 8
Saturated fat (g)	≤ 1.5	> 1.5	≥ 3
Trans fat (g)	0	-	
Added Sugar (%DSR)	≤ 40	> 40	≥ 61
Sodium (mg)	≤ 200	200	≥ 251

SNACKS	Total score	note
Green	9 or more	-
Amber	8-4	-
Red	3-0	scores 0 point in three areas

*DSR= Daily sugar recommendation 30 gram/day

Snack	weight (g)	Energy (kcal)	Total Fat(g)	Saturated fat (g)	Trans Fat (g)	Added sugar (g)	% by DSR	Sodium (mg)	*Optional score	total score
Excellent (2 score)		≤ 150	≤ 4	≤ 1.5	0		≤40 %	≤200		9 or more
Average (1 score)		>150	>4	>1.5	-		>40 %	>200		8-4
Poor (0 score)		≥200	≥ 8	≥ 3	-		≥ 61 %	≥ 251		3-0
1. Testi Mega nuts double choc	40 g	210	13	0	0	9	30.0	30		
score		0	0	2	2		2	2		8
2. Mother earth Fruit sticks	19 g	64	0.6	0.3	0	4.8	16.0	44		
score		2	2	2	2		2	2		12
3. Tasti Made Simple Forest Fruit	30 g	110	3	0.8	0	14.4	48.0	4		
score		2	2	2	2		1	2		11
4. Tasti Made Simple lamington	30 g	120	4.4	1.7	0	14	46.7	3		
score		2	1	1	2		1	2		9
5. Baked Oaty Slices chocolate chip	30 g	174	7.6	4.5	0	12.3	41.0	92		
score		1	1	0	2		1	2		7
6. Tasti Super Grains : Almond Cranberry linseed	30 g	117	3.1	0.4	0	5.5	18.3	47		
score		2	2	2	2		2	2		12
7. Tasti Super Grains :Pepita, Chia, Manuka honey	30 g	116	3	0.5	0	4.6	15.3	46		
score		2	2	2	2		2	2		12



The snack bars standards help to ensure the offered commercial foods are suitable for school's snack bar and create the healthy environment

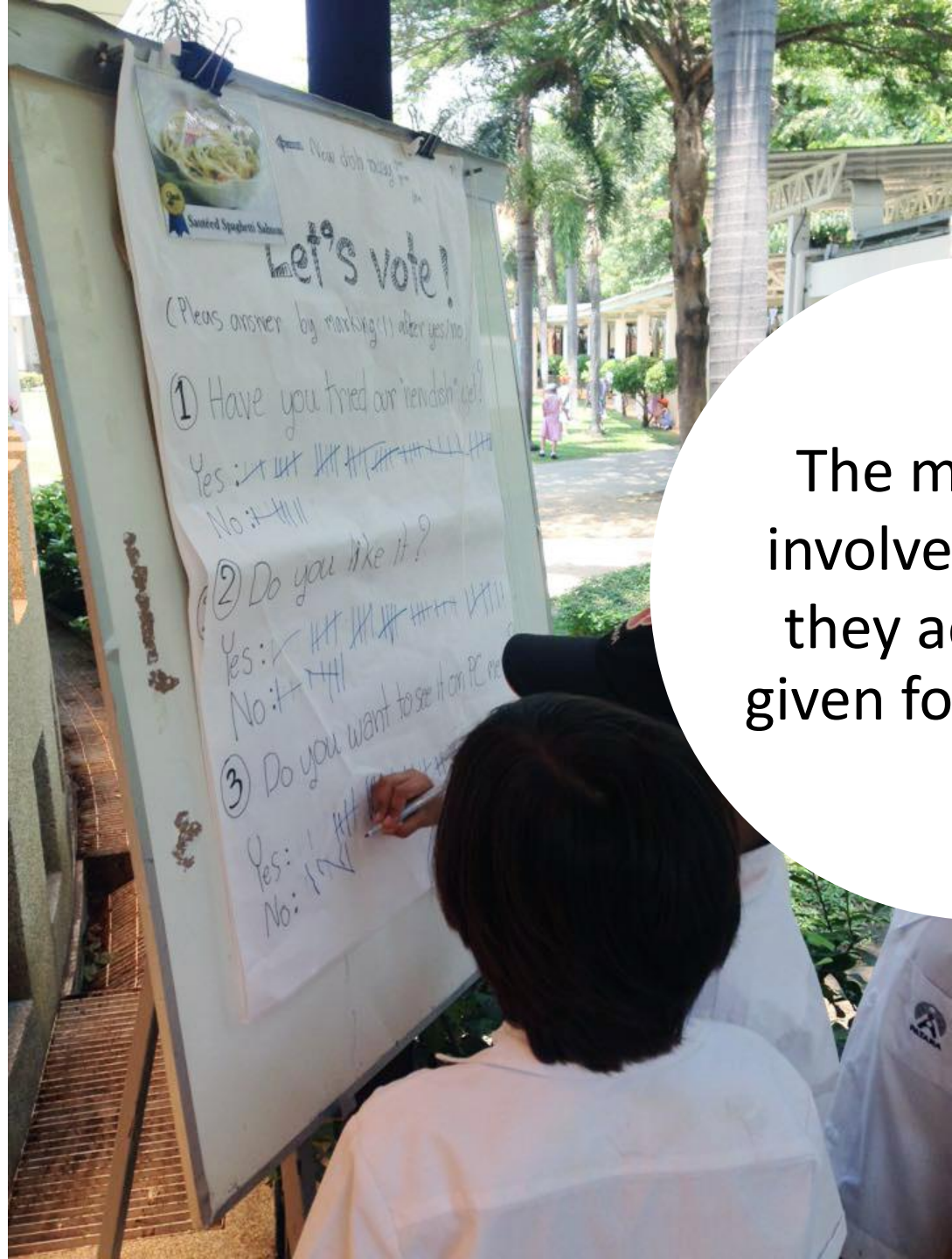


School Community

- Academic staffs
- student delegates
- Parents/guardians
- School's publication



The student delegates are representative for all students in school.
Their opinions are helpful for improving the school foods.



The more they
involve the more
they accept the
given food choices





Chris and Victoria's healthy snack

Dear Khun Prim,

Hello. My name is [redacted] am currently in Year 12 (12B).

In last week's edition of Patana News, I was very inspired by your article of 'Reintroducing the snack bar standards'. I was very fascinated by the traffic light system mentioned in the article and also the efforts put into creating a good nutritional environment for the Patana community.

I am very interested in the area of nutrition/food and health, and I am thinking of studying the subject at University. Therefore, I wish to learn more about different fields of nutrition.

I was wondering if you have 15-30 minutes during tomorrow (Wednesday 20th March) after school (2:30-3:30) to meet up as I would love to know more about what you do as a school nutritionist. If possible, I would also like to explore a volunteering opportunity to get an experience of working in the field of nutrition with you.

If tomorrow is not possible, please let me know a date and time most convenient for you.

Thank you very much for your time and kind consideration.

Sincerely,

[redacted]



Friendly Snacks For Smart Kids

Good snack should meet the general nutrition standards, containing grain product more than 50 percent or more whole grain by weight. The first ingredient should be a fruit, a vegetable, a dairy product, a protein food or a combination food that contains at least ¼ cup of fruit or vegetable.

Good Snacks < 200 Kcal

Sodium 200 mg or less

Total fat 35% of calories or less

Saturated fat Less than 10% of calories

Trans fat 0 g

Sugar 35% by weight or less

What's good for you ?

Item	Total Calories
Peanuts (23 g.)	170
Low-fat tortilla chips (23 g.)	118
Fruit (113 g.)	68
Granola bar (1 bar/25g.)	95
Bottle water (750 ml.)	0
Unflavoured low fat milk (120 ml.)	45

Ref : 1. A Guide to Smart Snacks in School by USDA
2. <http://www.fda.usda.gov/health/school/day/school-snacks-focus-on-smart-snacks>

LET'S GET HEALTHY!

How to Read Nutrition Labels

Based on 2,000 calorie diet, and guideline Daily Amounts (DAs) (rounded) from that label on a small snack.

Nutrition Labels

Check 1 Check Energy per serving size

Check 2 Total fat and Saturated fat

Check 3 Sugar

Check 4 Sodium

GDA labels

GDA (Guideline Daily Amounts) labeling can help you to plan a healthy balanced diet and avoid over consuming.

1. Relative values per portion (consumption should be split in 3 or 4 times)

Energy	Total sugar	Total fat	Sodium
410	0	22	310
%21%	%0%	%44%	%15%

2. Nutritional value in the package

3. How many servings are in a package

4. Tells you the amount of nutrition per serving

5. Tells you one serving as a percentage of your recommended daily intake

6 type of snack foods that must have GDA labels on them:

- Fried or baked potato chips/croquettes
- Fried or baked corn chips/croquettes
- Rice crisps or Extruded snacks
- Cereals or Biscuits
- Filled Wafers

How much is right?

Daily Recommendation	Energy	Total sugar	Total fat	Saturated fat	Sodium
Thai	2,000	55	<65 gtd	<10 gtd	2400 mg
UK	2,000	90	<70 gtd	<20 gtd	2400 mg

Ref: Guide to guideline Daily Amounts (GDAs) by Public Health of Thailand
Guide to reading a food label (2017) by Public Health of Thailand

How much SUGAR in your DRINKS?

1 tsp = 4 grams of sugar

Drink	Volume	Sugar (tsp)
Regular 16oz	16 oz	12
Regular 12oz	12 oz	11
Regular 10oz	10 oz	9.5
Regular 8oz	8 oz	8
Regular 6oz	6 oz	7
Regular 4oz	4 oz	6.5

CHECK THIS

Nutrition Facts

Total Sugars 36g

Added Sugars 36g

THE RECOMMENDED DAILY SUGAR FOR MEN AND WOMEN

36g for men, 24g for women

Mindful Eating

The principle of eating with intention while paying attention

1. Why? Why do I eat?

2. When? When do I want to eat?

3. What? What do I eat?

4. How? How do I eat?

5. How much? How much do I eat?

6. Where? Where do I invest my energy?

1. Why do I eat?

Hunger is the primary reason for eating but sometimes environment and emotional cues can trigger an urge to eat (or continue eating) whether there is a physical need for fuel or not.

2. When do I want to eat?

You might ask yourself "Am I hungry?". Identify and cope with emotional triggers for over eating such as boredom, stress, sadness, anger or rewarding yourself.

3. What do I eat?

Ask yourself three questions when deciding what to eat: What do I want? What do I need? What do I have? Make small, focused, incremental changes, for example, increasing fruits and vegetables, improving the quality of beverages, lowering saturated and trans fat intake and switching to healthier fats.

4. How do I eat?

"Do you think you eat fast? Do you eat differently in private than you do in public?" and try to minimise distractions such as turning off the TV, eat while seated at a table.

5. How much do I eat?


Your stomach is only about the size of your fist so it only takes about a palm-full of food to fill it. Practice ending your meal when you are satisfied instead of stuffed.

6. Where do I invest my energy?

The food you consume provides the energy and nutrients to live, work, play and exercise. When you eat more than you need, the excess fuel will be stored to be used for fuel later. Increased physical activity in daily life can impact on your fuel balance.

Ref: 1. <http://health.gov.au/topics/healthy-eating/what-to-eat/what-to-eat-when-to-eat>
2. Mindful Eating: Simple Steps to a Healthier You by Kristin L. Weitz

NUTRITION BOARD



6 Tips For Healthy Eating on Holidays

The holiday season is a time to celebrate with family and friends. It can also be a time of over-eating and weight gain. The holidays don't have to mean gaining weight. Focus on a healthy balance of food, activity, and fun. Here's a few simple tips that you can do to stay healthy through the holiday season.



1. **Choose wisely:** healthy eating must include consuming Fruit and vegetables, whole grains, legume and seeds, fat free and low fat dairy product. When eating meat make sure you select the leanest cut.
2. **Use a small plate:** to avoid having a big portion size by using a smaller plate you can control your calories intake. Plus, downsizing your plate tricks your brain into thinking you are eating more.
3. **Don't go out with an empty stomach:** Stay nourished throughout the day to avoid going to parties hungry. Have a bowl of cereal, fresh fruit or a small sandwich before you arrive.
4. **Break it up:** To reduce the amount of calorie-laden drinks you consume. Enjoy your favorite holiday foods! Denying yourself your favorite foods can lead to overeating or binge eating, stress and uncomfortable feelings, and other emotions that can lead to comfort eating. Be mindful eating and be careful of what you eat and how much you eat during the festive season.

5. **Distance yourself to stay healthy:** When at a party, sit or stand where extra food isn't constantly in the line of sight. Also try not to sit within arm's reach of tempting snack foods.
6. **Eat slowly:** Take your time and enjoy the taste of your meal. Take a small bite and chew slowly. Your brain usually takes 20 minutes to get the message from your stomach that you are full. Plan group activities with family and friends that aren't all about food or offer to help with dishes, clear the table, or take a walk.

References:
1. Healthy Eating for the Holidays - UCLA.edu
2. Holiday Healthy Eating Guide by American Heart Association
3. Holiday Eating, By Carrie Denewet, MPH, RD, CD Today's Dietitian Vol. 18, No. 11, P. 22

Jiraprapa Boonpan (Prim)
School Nutritionist

BPS's canteen serve no trans-fat




According to a ministerial order which has been issued by the Public Health Ministry banning the production, import and distribution of food containing trans-fat, we would like to inform that every foods have been served in school have no trans-fat.

Concerns have been raised for several decades that not only trans-fat but also saturated fat contribute to the epidemiology of cardiovascular disease.

Currently, we've been working on reduce saturated fat in canteen food and commercial foods in school, making sure that student will have enough healthy options for their foods during the school days. We have been using rice bran oil and olive oil in school canteen, which help to reduce saturated fat in foods. For the heart health, the recommendation suggest that saturated fat should be less than 10% of your total energy intake and 1% for trans-fat.

Otherwise, consuming too much without having any physical activities can contribute to non-communicable diseases; NCDs in the effects of life long health. The key is to balance your diet and be mindful while you are eating as well as having adequate physical activities in your daily life.

School nutritionist
Jiraprapa (Prim) Boonpan
Jibo@patana.ac.th



BANGKOK PATANA SCHOOL-SNACK BAR STANDARDS

This academic year, we have been working on improving the school's Food Service provision and identifying way to overcome the many challenges we face. We have been looking at ways to maintain our aim of offering healthy options that students want to eat.

One of the areas we have focussed on has been our Smoothies Bar and Snack Bars. We have developed a set of standards in which all items for sale in the smoothie or snack bar will be assessed and the items must fall within a certain standard in order for us to sell the item. These are nutrient-based assessments with an aim to establish a healthy school environment. All items which are for sale in our school snack bars will be assessed to meet our BPS Snack Bar Standards before being approved to sell in school. Our standards will make the healthy choices, the easy choices. Many studies and literature reviews are embodied in these standards and the model of traffic light system is used to make the Snack Bar Standards easier to understand. These standards were discussed with Senior Management and the Student body in both Primary and Secondary. The large majority were in agreement with the principles and we listened to the helpful feedback and made some amendments to the standards.

Students, staff and parents will notice that some items will be removed from the snack bars next term and our in-house bakery & kitchen will keep improving the quality of food to make sure they are appropriate choices for students. They will also see some new items and we hope they will enjoy the options available. Student have been asked to bring in any ideas of what they would like to see and we always welcome your comments and suggestions. You can e-mail Jijay Prim with your comments and suggestions jibo@patana.ac.th [Click the link below to access BPS Snack Bar Standards principle.](#)

School's newsletter

Patana news is school's newsletter, publishing every Friday. Food service can send an informational content to subscriber (including parents)



Thank you for your attention

Contact me

FB : Jiraprapa Boonpan

email : jiraprapa_bp@hotmail.com