EFFECTS OF PROPER DIET IN LEARNING

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In studying it is very easy to disregard other important things just to ensure maximum learning. Although studying, reading, memorizing, and other academic activity can boost the learning probability of students it is just one of the integral factors that affects the holistic learning and intellectual growth.

Another factor that can affect the over-all learning is the nutrition intake of the students. Proper diet is important to make sure that the learning is substantial and not just superficial.

From as early as pre-school, students are though the importance of good and balance diet that includes portions from the three food groups, GO, GLOW, and GROW. This balance intake of food aids in developing and molding the children into becoming intellectual individuals.

The GO foods are foods that give energy. It is the body’s fuel in a way. These foods are usually very high in carbohydrates and sugar. As we all know sugars are broken down by the body and turned into energy which enables us to partake with our very day routines and struggles. Example of these foods are rice, roots crops, natural sweeteners like honey and molasse, processed pastas and other starchy foods. But despite of the good effects of sugar for energy production, there also adverse effects in consuming large amount of these foods, that is why people are advised to limit the consumption of these foods to favorable amount. Excessive intake of sugary and starchy foods can cause chronic decease like diabetes and can also lead to obesity.
GLOW foods are food items which contain high amounts vitamins and minerals like fruits and vegetables. These type of dietary choices gives the body the nutrition it needs. From vitamin A to Zinc, there are fruits and vegetable that can readily sustain the body. It very much advisable for students especially developing teens to consume large amount of these foods because it helps protect them from developing poor eyesight and having skin problems.

Foods that belong to the GROW category are foods that are essential for bodily growth and development. These are the foods that helps build muscles and strengthen bone. These consist of dairy products such as milk and cheese, and high in protein foods like meats and seafoods.

Having a balance diet not only helps in the over-all health of the individual but also with the learning and development. A healthy individual has more focus and can easily understand concepts and theories. They can also easily grasp lessons and topics which makes learning more profound and probable.

In schools there are programs that targets this concept of nutrition and learning. Today there are school feeding program that aims to alleviate the malnutrition problem in students, especially from public schools. Giving students heavy and balance meals to make sure that they are getting the right amount of nutrients which can benefit their learning ability and motivation.

It is much more inviting to study and learn with a full stomach after all. This only proves that learning is not an exact science, it is a trial and error with different factors, cases, derivatives, and solutions. Taking this in consideration, it brings forth the ability of teachers to articulate and identify problems and the correct response.
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