FEEDING PROGRAMS

by:

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Many families here in the Philippines are so poor that they couldn’t eat three times a day. They are considered to be lucky enough if they get to eat one to two meals in a day. Because of this, school-aged children from these families don’t go to school regularly because of hunger. These students were growing unhealthily and sickly to the point that they cannot absorb the knowledge that their teachers are teaching. Their minds were too focused on their empty stomach not on what their teachers are saying and because of this, the students are having a hard time learning thus giving them low grades.

The implementation of feeding programs in schools is just one of the solutions used to resolve this problem. Students with wasted or severe body mass index are prioritized to undergo feeding programs in order to improve their weight and health status. With their improved health status and weights, they would be able to fully participate in class discussions and activities and they would be able to study well without constantly worrying about having an empty stomach.

Feeding programs can’t completely end the hunger the students are experiencing, especially in their homes, but with the help of feeding programs, students’ physical appearance and students’ health status will progress and may eventually get better. And if the student has a better health and appearance it can boost his or her confidence to study harder and it will help them enhance their learning skills. They can be more productive and competitive. They would be able to do their very best in every activity that they have in their schools. These students can have a brighter future.
“Health is wealth” as they say, without good health we wouldn’t be able to function that’s why we should value our health and take care of our bodies. If all of the students here in the Philippines are healthy both physically and mentally then we can create a better future not just for these students but also for our country.

References: