GOOD NUTRITION FOR BETTER EDUCATION

by:

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One of the best ways to monitor, measure and maintain their good healthy habits. The main source of better knowledge, good skills and best performance in the different school activities would really help if their nutrition been healthy and guided. In such a way pupils will developed their aspects in life their physical, mental, social, emotional and spiritual through normal metabolic integrity.

For children, weight and height for age are compared with standard data for adequately nourish. Nutritional assessment is based on information from sources such as medical history, height, weight, laboratory data, physical appearance and a diet interview. Nutrition is a part of everyday life and nutrition status changes have a serious impact on short-term and long-term health use these tools for nutrition assessment. A nutrition assessment is an in-depth evaluation of both objective and subjective data related to an individual's food and nutrient intake, lifestyle, and medical history.

Once the data on an individual is collected and organized, the practitioner can assess and evaluate the nutritional status of that person. The assessment leads to a plan of care, or intervention, designed to help the individual either maintain the assessed status or attain a healthier status. Nutrition is one of the many factors that influence cognitive development in infants and children, particularly in undernourished children. Good nutrition benefits families, their communities and the world as a whole. Proper nutrition helps give every child the best start in life. The status of nutrition of children today will be reflected in the next and succeeding generations. Within recent years, the significance of nutrition in childhood has become more widely appreciated. Malnutrition
may result in a tragic waste of human resources, so a high priority should be to facilitate adequate nutrition of the young.

Without a doubt, the School-Based Feeding Program was a success. In addition, it became a helping hand for all pupils involved because it was able to help them in improving their nutritional status and better learning. The teacher-coordinators were also grateful to all parent-volunteers who were there all throughout the program implementation. Their hard work and dedication in the preparation of the daily menus did really matter in the success through better education.

References: