GULAYAN SA PAARALAN PROGRAM CEASE MALNUTRITION

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A child’s education is oftentimes hindered by the problem of hunger and malnutrition, a social problem which created a big impact in the Department of Education’s (DepEd) goal which is Education for All (EFA).

Relative to abovementioned statement, malnutrition in the Philippines is one of the most pressing problems among public school children. Researches have shown that there are many school children who come to school with unfilled stomach. Hunger distresses the mental and physical growth and development of school children that results to absenteeism, poor school performance and even worst dropping out.

Gulayan sa Paaralan Program (GPP) is one of the schemes of DepEd to address the hunger mitigation and poverty alleviation that will promote food security and economic stability. The potential of the program is very significant in improving the body mass index (bmi) and in improving the academic performance of the school children. In that way, absenteeism and dropout will be prevented because children will stay in school. Some of the reasons why children left the school were due to poverty and hunger.

Integrating the methods of sustainable food production such as vegetables will help arents to address the food consumption. The demands for nutritious and healthy food arise due to increasing population. Schools are encouraged to intensify the GPP because of its positive effects in the health of the learner. The vegetable gardens serve as the food basket and source of commodities of School-Based Feeding Program (SBFP). The vegetables harvest from the garden will be cooked to serve for the beneficiaries of the SBFP.
Thus, the government strongly deepens the implementation of GPP. The potential of the project is very significant in improving the body mass index (BMI) which lead for the increase of pupils’ performance. The pupils with good health and nutrition prevent the number of drop-out rate because the participation and survival rate of the pupils have tendency to increase as they appreciate the importance of the project towards learning because nutritionally at risk children are already handicapped in terms of learning abilities and even opportunities.

Moreover, GPP helps pupils to learn how to become responsible and appreciate the different vegetables and its benefits through gardening. In addition, the entrepreneurial skills will be developed also because they may earn money either by selling the vegetables or making projects. The pupils discover the benefits of the project in terms of their nutritional value. It will awaken their consciousness on the effect of a green environment.

Having healthy pupils in the classroom signifies active participation and performance.

References: