HEALTHY EATING AND ITS ADVANTAGES FOR STUDENTS

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Studies have proven that students tend to have one of the worse diets there is. This can easily be associated with the food options and selection within the schools and campuses. Most of the time students lean on the less healthy snack alternatives like junk foods and sodas.

A couple of years ago when there is no regulation regarding the food selections that can be sold in canteens and cafeterias those unhealthy junk foods were the most common food items in the menus. From the wide array of chips and other sodium filled cornsacks to the sugar packed candy bars and pastry bars. Although there still are some other options like pastas and noodles, students prefer these snacks because they are easy to just grab and eat elsewhere and its cheaper.

Fortunately, today there are strict regulation regarding the foods that can be catered to schools. Junk foods are prohibited within school grounds as well as sodas and other sugar loaded drinks. The Department of Education were stern in terms of implementing these rules. Now canteens were instructed to serve freshly cooked food options as well as fruits and vegetables. Sodas are also a goner and school canteens are only allowed to sell bottle fruit juices. These regulations were huge steps toward to promotion of healthy eating of students.

Foods and nutrition are a great part in the learning and growth of students, as matter of fact it is considered as the fuel to learning. The human brain is a powerful organ that controls the body’s activity through series of neurological pathways which links to the nerve endings in our body. With all those process and activity, the brain is also one of
the largest consumers if not the largest consumer of energy and nutrition. There several
food groups that can be considered as brain foods. These food groups are essential for the
development and function of the brain thus also vital for learning and growing students.

Foods like nuts and legumes are rich in fatty acids that can stimulate the brain
function. These kinds of foods are great for snacks while studying. Not only for the
nutrition but as well as the way of eating it. Chewing repetitively stimulates the brain
activity and keeps it alert. This is why some result to chewing gums, but gums are nothing
but sugar with no nutritional value, so chewing nuts are much better instead. Fish and
other seafoods are also very good nutrition source for the brain because they contain
omega 3 fatty acids and are high in iodine and protein. Fruits and berries are also an
option for brain food. Although given that the Philippines is a tropical country and our
selection of berries are very few, we are however blessed with the abundance of other
fruits that are equally as high in vitamins and minerals as well as good sugars that are
brain friendly. From season fruits like mangos and pineapples which are rich in vitamin
C and fiber, to avocado that is rich in good cholesterols. But no one can dispute that there
are still times of craving and temptation for something sugary. If that time arises, do
choose dark chocolate treats instead of the usual milk chocolate variation. In moderation,
dark chocolate can invigorate and help with focus. A recent Harvard study proves that
dark chocolate can help reduce blood pressure, as well as get more blood flow to your
brain and help you get more fuel. The caffeine in chocolate also acts as a buster for the
brain.

There are a lot of healthy snack and food option that can improve brain function.
These are the foods options that should be introduced to students to help them acquire
good eating habits and healthy diet that can potentially aid with their school performance
and over-all learning capacity.
References:

Brain fuel: 5 food groups for successful students.

https://www.wgu.edu/blog/brain-fuel-5-food-groups-successful-students1712.html