HOW BREAKFASTS AFFECT FUTURE SUCCESS OF SCHOOL CHILDREN

by
Michelle Villaflores

“The simple act of feeding a child breakfast can be a really strong predictor of their future success in life,” Josh Wachs, chief strategy officer for Share Our Strength and No Kid Hungry said in an interview of The Nation’s Health, “The argument, really, is making sure that kids are fed isn’t just the right thing to do, it’s really the smart thing to do for the future of the country.”

Reflecting on this, I could never agree more. Breakfasts will always be the power source of children, and yes, even adults, in starting a day’s work and finishing the tasks in store for them.

Why is breakfast important? The energy you get from the food taken at breakfast provides the energy the body needs to do the work it is entailed to accomplish for the entire day. Going to your day on an empty stomach may mean sluggish and sloppy work. Your mood and emotions are also affected. You may feel irritated at slightest quirk. Also, you may not be able to concentrate or your attention may be distracted.

Consuming breakfast, although is not a practice for all is a crucial eating habit that should be instilled to school children at their young age. Those who do not have the capacity to have regular breakfasts can benefit from feeding programs in schools. Thus, an effective school feeding program should be properly initiated and sustained at the school level.

School feeding programs need not be expensive. Cheap yet nutritious foods can be given to children. There are even organizations and individuals that provide sponsorship to sustain programs meant for nutritional help to school children, especially the indigent.
School nurses and health educators can collaborate to make the feeding programs more successful by incorporating health education and practices to the children and their families such as handwashing and proper food handling.

References:

