HOW TO MAKE CHILDREN NUTRITIONALLY HAPPY

by:

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The youth is the hope of the Motherland according to our national hero, Dr. Jose P. Rizal. The school children who are not nutritionally healthy will not be able to contribute to our country’s growth and development of they have hungry stomachs. The pangs of hunger will obstruct the children's quest for quality education, for it is very important to have good nutrition in order to have good learning. Below are the ways on how to guide your children to become nutritionally healthy. A glass of milk daily is a must for children because it is a good source of calcium and fat. In addition to milk, start giving fresh fruit juice to your child.

Always remember, if he is thirsty, the best thing to give him is water. Give at least four to seven glasses of water a day. Early on, instill a love for fruits and vegetables. The recommended intake is one to two medium sized fruit or one slice of a big fruit. Fruits help boost a child's immune system. Give one serving portion of common foods such as carbohydrates-rich foods, like rice, rice products, corn, root crops, bread and noodles; protein-rich foods like fish, shellfish, meat and poultry dried beans and nuts, eggs; one serving of leafy vegetables; and one serving of other vegetables. Offer a variety of foods every day in the right amount, ranging from meat, poultry and poultry products, vegetables, fruits legumes, rice and rice products.

As much as possible, do not encourage desserts, but if you cannot avoid them, the recommended daily intake is only four to five teaspoons per serving. Offer a variety of options but do not push. Enjoy the new food adventure with the children because you are creating habits that can last a lifetime. To ensure that our children become
nutritionally healthy, let us all follow the guide. Just keep in mind that healthy children and people will catapult out country's quest for progress and prosperity!

References:


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