HOW TO MAKE SCHOOL CHILDREN PHYSICALLY FIT AND DENTALLY HAPPY

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Our national hero’s slogan “The Youth is the Hope of our Country” is very significant because if our learners are nutritionally healthy, dentally fit and in good condition, they will be able to reach their dreams and be an instrument in attaining progress. The desire of our children to improve their God given talents and enhance their knowledge will lead the way to the realization of having quality education.

To make them physically fit and dentally happy, there are several guide to follow and observes like eating the right kinds of foods - vegetables, eggs, rice, bread, cheese and drinking a glass of milk is a must since it is good source of calcium and fat. We also need to teach them the importance of eating fruits everyday to protect them from sickness. Let us also educate our kids in school on the value of drinking plenty of water whenever we are thirsty. Let us also instill to them the benefits of visiting a dentist two or thrice a year for dental check-up to protect their teeth.

To ensure the future of our youth, we need to guide them and recommend the proper nutrition if we want to realize Dr. Jose Rizal’s quest for progress and prosperity.