MAINTAINING PARENTS AND CHILDREN’S HEALTH THROUGH VEGETABLE GARDENING

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It’s almost five months as of this writing since we were locked down or put into an Enhanced Community Quarantine (ECQ) and later on turned into Modified General Community Quarantine (MGCQ) as a preventive measure on the spread of COVID 19. Everyone was enveloped with extreme fear during the COVID-19 crisis. As the daily news unfolds and daily statistics are updated, it feels like many things are going out of one’s control. Both the World Health Organization (WHO) and Department of Health (DOH) through the tri media and social media are reminding people to boost their immune systems to be healthy and stay away from this deadly virus.

It is good to know however, that instead of fear, choosing to focus on factors we may be able to control — such as good health and well-being — is highly beneficial. Instead of being idle, we may have a better role to play in lessening the spread of the corona virus and how we can help ourselves and our family to stay healthy. Social distancing helps stop the spread and our immune system can help lessen our risk and improve recovery if we contract the virus.

However, the good news is that we have ways to improve our immune system. By making healthy food choices, our body’s immune system strengthens and can better fight disease. And maintaining a healthy weight and reducing inflammation can give us a fighting chance to recover more quickly, more so than ever, during the COVID 19 Pandemic.
One good remedy in these chaotic times is through growing and tending your own vegetables garden, which may seem overwhelming to some, it’s actually much simpler than it sounds. Many are saying that they are just renting a room or apartment without a backyard, but even if you don’t have a yard, consider starting a patio garden or even an indoor herb garden on a window sill. You’ll be amazed at how many tomatoes or peppers you can grow out of one pot! This fresh harvest can improve our health.

Our children in the public schools both in the elementary and high school level are taught in the school how to maintain a vegetable garden; so they can assist their parents in planting vegetables at home. When you pick vegetables right from your garden, the vitamin contents will be at its highest. Also, you are reducing the risk of eating vegetables that contain harmful chemicals since you know exactly what you’re eating. In addition, getting kids involved in the gardening process will make it more likely for them to like vegetables.

Parents can save money when they have a vegetable garden at home. Instead of buying vegetables in the market, they can just harvest from the garden. Vegetable gardening can help a family to decrease their monthly expenses. Gardening will also serve a form of exercise. Gardening is a physical activity and pulling weeds, planting, and digging can burn up to a certain amount of calories per hour. Gardening is also a good mental exercise and helps keep one’s mind sharp. It is a natural stress reliever. Fresh air and sunshine can improve mood and make us feel rejuvenated and overall happy. Parents and children alike are encouraged to have their own vegetables and fruit garden.

References:

Benefits of Backyard Gardening [www.burke.org › blog › the-benefits-of-growing-a-veg › gard]