MALNUTRITION AMONG SCHOOL CHILDREN

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Malnutrition among school children is a ubiquitous health condition that became key concern not only of health workers but also those who work in the field of education. It is an insalubrious condition that results from not eating enough food or not eating enough vital food. In general term for the medical condition, it is caused by an indecorous and unsatisfactory diet. This is a sober-sided condition that occurs when a person diet doesn't contain the right and proper amount of nutrients. There are two kinds of malnutrition, one is the undernutrition when an individual fail to eat prescribed nutritious food and the over nutrition when an individual exceed to take what is expected from well-nourished individual.

Malnutrition's is one of the serious problems nowadays, especially for a developing country. Some of the reasons why many people suffering from malnutrition is lack of food, this is common among the low-income group as well as those who are homeless. Another reason is losing one’s appetite, who have limited knowledge about nutrition that tend to supervene a non-nutritious food.

Elderly living alone, or young students living on their own often have difficulty cooking healthy balanced meals for themselves, they do not have time to cook for themselves, instead of consuming nutritious foods and prepare healthy food they prefer to eat instant food which is not good. Those who have an eating disorder like anorexia nervosa have difficulty maintaining adequate nutrition. Likewise, people who have abuse drugs and are chronic alcoholics can be experience malnutrition. However, these can be prevented through eating plenty of fruit, vegetable, bread, rice, potatoes or other starchy...
food. Dairy products and eggs can also consider to improve health condition and included in the list of everyday menu. Family and school canteen a provide their school children a recommended and healthy food. Refrain from affording and dispensing junk foods, sweets and soda drinks. The school must implement and conduct a feeding program for the malnourished students. These reminders should also be considered by those who have obese children. They should be reminded that being obese is not healthy. If their parents do not have enough source of income, they can plant fruits and vegetables to their backyard and if the parent is struggling to feed their child, they can make creative food so that the child can be encouraged to eat.

References: