NUTRITION: A KEY TO IMPROVE LEARNING

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Nutrition is the key to national progress. Health should mean real priority attention for the sake of the present and future generations. School administrators, teachers, parents and pupils must in all seriousness, dedicate their hours and skills in attacking the grave problems spawned by malnutrition. Nutrition is one of the many factors that influence cognitive development in infants and children, particularly in undernourished children. Good nutrition benefits the first sector of the society which is families, then their communities and as well as the world as a whole. Good and proper nutrition helps give every child in the world a best start in life. The status of nutrition of children today will be reflected in the next and succeeding generations. Within recent years, the significance of nutrition in childhood has become more widely appreciated. In the teaching and learning process, pupils who experience hunger do not concentrate well in their studies. We all know that schools have health and nutrition programs. Growth monitoring, supplementary feeding and nutrition education are common features of the program. Often times schools frequently face resource problems and need to generate funds for improving facilities and subsidizing school lunch programs and educational materials. If stakeholders would work hand in hand to maximize the school’s feeding program, an improvement of pupil’s academic performance is at hand in the closing stages. With proper nutrition, pupils will be able to stay focus in their studies. Subsequently, this will improve learning on the part of the pupils, our clientele.
References:

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