NUTRITION AND DENTAL HEALTH: KEY TO SCHOOL PROGRESS

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Nutrition and Dental Health are two most important factors that affect the performance of our children in school. Nutrition and dental health are inseparable and can’t be separated from one another without affecting one’s well being. Thus, all parents and even teachers and school personnel must be reminded to give importance on this matter. Malnutrition which is hindrance to good health needs to be addressed by the person concerned since it retards the mental development and physical growth of a child. Regarding the dental condition of each learner, some parents take it for granted that it leads to the poor performance of the child. The Department of Health adheres nowadays the importance of Dental check-up to all Filipinos.

The health and dental state of a child influences his/her performance in school and even his/her life and the development of a nation as a whole. The quality of their life and the realization of their dreams and hopes in life will largely depend on their health status so we need to educate them today regarding proper nutrition or how to become nutrition conscious and also on dental awareness.

Nutrition and Dental health is the key not only to school progress but it will also lead to national progress so it should merit real priority attention for the sake of our present and future generations.