NUTRITION; VITAL FOR STUDENT’S PERFORMANCE

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Students nowadays were given a lot of opportunities by the government to acquire the complete basic education to be able to cope up with the vast changing and growing economy of the Philippines. In spite of this, the government should promote not only literacy but also healthy mind and body. Healthy diet has a great impact to the students’ ability to cope up with their studies. As a matter of fact, students who have given proper nutrition is thereby easily to perform faster information processing, better memory and alertness, and has greater amount to develop skills holistically. Therefore, students with proper and healthy nutrition were linked to good performance and higher grades.

The foundation of the student’s healthy diet comes from the macronutrients which a body need in large amount. These nutrients are carbohydrates, proteins and fats. These three main sources have their particular roles and functions in the body that can provide us calories and energy. Because of these specific reasons, these nutrients must be taken in large amount to continually grow and thrive. While Micronutrients are those nutrients we need in smaller amounts, like Vitamin A, Potassium, and Iron that our body needs in minutes to maintain physical and mental development.

However, there are lots of students in the Philippines particularly school children were handicapped with learning abilities because of malnutrition and hidden hunger due to poverty and improper food hygiene. Inadequate nutrition can cause tiredness and impaired cognitive development reducing their capacity to work and deal with the interactive discussion in the classroom. Food is the fuel of brain. Because of the inability to fill their stomachs with nutritious food, they are having a hard time to respond even
the slightest raising of hands and may tend to sleep because of mental exhaustion. In some instances, there are parents who did not even notice that their children were suffering from extreme hunger and malnutrition but still thrive to learn.

According to TEACHERPH (2016), the most prevalent disease to the children in the Philippines is the Iron Deficiency Anemia (IDA). As the name implied, iron deficiency anemia is due to insufficient iron. Without sufficient iron in your body, you cannot produce enough substance in red blood cells that enables them to carry oxygen through the flow mainly on your bloodstream. As a result, it may leave them tired and short of breath.

In addition to these, the Nutrition Center of the Philippines (NCP) conducted a recent study and showed that aside from malnutrition, the leading ailments of school children are decayed teeth, infections of the skin, as well as throat and ears. While this problem takes a huge crisis in view of health, the deprivation to learn was also affected. The issue that has been exposed from various studies holds a resolution for the government, parents, teachers, and other sectors to take action as a vital treatment to this growing problem. A partnership between the school and the community to somehow reduced or hopefully removed this big problem we are now facing. Department of Education (DepEd) for example, has been working on exerting more of their efforts to promote school-based supplementary feeding program and teaching health and nutrition as part of the lessons in school curricula. These strategies lessen the numbers of student’s dropout rate.

But such efforts will remain fruitless unless the community, specifically the parents to realize the value of providing adequate nutrition that greatly affects their child’s performance in school. Parents must be aware about the needs and wants of their child and continue to give the proper guidance starting from providing them right nutrition. Having a healthy diet for students arouses them to give their full potential inside the school with proper nutrients and awareness. Thus, the lives inside every classroom in
every school will be more active and inclined to student-centered learning. A child does not just have the right to learn and acquire literacy but also to have a healthy mind and body to prepare them for a great future that holds.

References:

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