NUTRITIONAL STATUS: AN ANALYSIS

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Nutritional status is one way of determining the level of individual’s physical health condition. In order for us to become more active, we need to be physically fit and exercise health discipline at all times. We need energy to do work. The energy that we possess is taken from the food that we eat. This means that our ability to do something depends upon our health condition which can be assessed by considering the nutritional status.

The nutritional status of an individual learner affects the ability to do a specific task, to follow instructions, to accomplish a piece of work, and to comply with mandates. In other words, the nutritional status is directly proportional to the degree of individual’s accomplishment.

Yearly, every school submitted a Report on Nutritional Status of Students not because of compliance purposes, but to address the need for Feeding Program in order to help severely – wasted learners to bring back their normal nutritional status. Moreover, another reason is to cope up with the declining level of accomplishment.

As we have notice, undernourished students are often inactive in various class activities, and disinterested for peer interaction being physically weak. This observation is really alarming. The fact that

the youth is the hope of our country. To really be of service to the nation, they have to be properly trained and educated while young. This could happen if they are healthy, having a proper nutrition, and doing nutritional – related practices.

To address the alarming scenario, the School Administrators find ways to conduct a School – Based Feeding Program in accordance to Republic Act No. 11037. Indeed, the
initiative of NGO’s, stakeholders, and private individuals to be a part of this Program clearly signifies that collaborative deeds resulted to a more productive and beneficial project.

The analysis is that, low nutrition leads to a poor performance. In view of this, we need to consider the parental aspects for the congruency of the action to be undertaken. Collaborative effort from parent, school officials, and community may improve the nutritional status of learners parallel to a better performance.

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