EDUCATION: ITS SUBSTANCE AND FOREMOST PURPOSE

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The growth of our body, ability to think, to do work is determined by one of the many factors, and one of this is the Food that we consume. The food pyramid is one of the pillars that will help in proper selection of the Food needed by the body. It gives certain guidelines which educates us what to avoid and what to consume. In order for us to be healthy and fit, balance lifestyle is encourage.

One of the many ways is Checking the caloric content, most of us are not consciously aware that we are consuming too much of whatever we want to eat. In general maximum of 2,500 kcal is the daily caloric content for a man and 2,000 kcal is needed for a woman but depending on age and activities performed.

Follow the “3G”, the GO, GROW and GLOW food groups used in making meal plan. “Eat Fruits, Feel Cool” Green is cool and so fruit and vegetables with so much antioxidants, vitamins and fiber to offer. “Go for Cycle” a dose for exercise is needed to maintain a physically fit body and stay mentally alert. In general 25-30minutes of mild walking a day is a good exercise. Consulting a physician is required before engaging oneself to Active or extreme activity especially if there is an underlying illness.

“Be clear with water”, consuming at least 8 to 10 glasses of water a day can rid out toxins, promotes rehydration, prevents constipation and promote a healthy skin. “Enough sleep is encourage” getting 6 hours of sleep a day is good but 8 hours is still the encourage, sleep increases the reproduction of cells that forms myelin- the insulating material found on nerve cell projections in the brain and in the spinal cord. Taking a nap for 15-20 minutes is good but beyond an hour is not recommended for it can cause sleeping problems at night.
Good living should start from ourselves, all we need is discipline. Why not eat a healthy food? Why not practiced a balance lifestyle? And yet the outcome is greater we live happier and healthier.

References:

https://www.medicalnewstoday.com