PROPER NUTRITION: IT’S IMPORTANCE IN PROMOTING GOOD HEALTH

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The food we eat today plays a major role in shaping our tomorrow's destiny as an individual, as a family, and as a nation. Not many people do understand the important role which good nutrition plays in promoting body health. Good nutrition is of prime importance. Getting the proper nutrients everyday is not achieved in man by instinct; it is accomplished through the application of knowledge. Thus, man must know how to utilize the existing food supply so as to derive maximum nutritional benefit from it. To establish good food habits, the individual must be able to learn what the nutrition educators teach indeed, education is the cornerstone of good nutrition.

But how do you know if your diet is a healthy one or not? Everyone should be concerned about his/her diet. Total physical fitness can only be achieved if the body gets proper nourishments. Food supplies the energy you need for body growth and repair. Food, in part, determines how you develop and whether or not you reach your full physical and mental.

By eating a balanced, healthful diet, supplemented with key vitamins and minerals, one will build a strong foundation for maintaining good health through one’s aging years and beyond.

Perhaps the most important segment of achieving good nutrition is through education. Illiteracy and ignorance are usually equated with poverty and poor nutrition, While higher educational levels are likely to be associated With better diets.
With increasing educators of our populace, the work of nutrition educators will be facilitated. It has been pointed out that nutrition education becomes more difficult as the group widens between the literacy and culture of the educators and of the students. In such case those who have knowledge in nutrition can share their knowledge with those who need it.

Therefore, if one remembers all the foods included in the pyramid, We can be assured that at least we have observed the theme “Kumain ng Wasto at Maging Aktibo… Push Natin ‘to!

References:

https://www.tuftsmedicarepreferred.org
https://www.myactivesg.com
https://www.healthline.com