THE IMPORTANCE OF A FULL STOMACH

by:

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Many people say that education is the key to success. Yes! Indeed, studying gives opportunity to the people who want to learn and allows individuals to hold knowledge and acquire skills. But the question is: How can students learn if the stomach is empty? Studying is not an easy task. It is not only about attending classes and cleaning the room, but also an act of preparing the body for the whole day activities. It is necessary to make sure that every student that comes to the school to learn has a full stomach. According to Abraham Maslow’s Hierarchy of Needs, people need to satisfy their physiological needs in order to satisfy their emotions leading to self-satisfaction and self-realization.

On the episode of Reel Time aired on GMA News TV entitled “12-Anyos Na Bata, Nagbubuhat at Nagbebenta ng Saging Para may Pambaon sa Paaralan”, the teacher emphasized the importance of taking enough food and drinks for the whole day of classes. The teacher noticed that students who have empty stomach are not interested to participate in classroom discussion. These students are seen sleeping. They are always in one place and they isolated themselves. That is why it is important to eat nutritious foods to maintain the strength of the body. In addition, the school has its own feeding program to help students eat the right amount of food every day.

This shows that having a full stomach is a vital routine for the students. Why is it necessary for a student to have a full stomach? When the stomach is full, body becomes strong and reflexes are activated. Students’ movements are established and they can freely move without any hesitation. Student have enough energy for the physical challenges as they come to school, during classroom and school activities and after
classes. Students need a full stomach to withstand the adversities that come along the way of reaching their goal, which is to finish their study.

When the stomach is full, the body met its needs. When is the body satisfied, then the brain is also activated. Students with a full stomach had higher chance of stimulating brain cells as compared to students with an empty stomach. When the brain is stimulated, students can easily hold data and can quickly transform it into information. These information can then gradually form into understanding and knowledge. It means that students are focused on classroom discussion, because they are not worried on their stomach and health.

Furthermore, students can think of ways on how to present the task given to them by their teachers. They can perform a dance or choral reading. They can also organize a play, make a poem, song parody, and they can even collaborate with their classmates. Similarly, students can relate the situations from the novel or any literary works in the present scenario in the country. They can also give comments on the issues in the country such as inflation rate, political agenda, and drug-related incidents.

Students can interpret a diagram or data. They can also analyze situation and make conclusions. They can even use picture to explain a particular topic or idea. It means that students have the capacity to give their understanding and observations in the country because their minds are motivated.

When the stomach is full, mind is awakened. Therefore, learning is occurring.
References: