THE IMPORTANCE OF TEACHING HEALTH TO SCHOOL CHILDREN

by:

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It is very important to properly teach health education to school children. Health education can be taught as early as in kindergarten and continue through high school and even to college. Lessons may include discussing the human body, health care, diet and nutrition, prevention of illness, and emergency care.

For the young students, there are many health issues and concerns. This age group is most prone to various health issues. If not properly addressed, the issues may lead to lifelong health concerns. Teaching them about health is helpful to protect and prepare them to have a healthy body.

Health is about being well not only in the physical but in the entirety of the person. It is having a good disposition without the constant feelings of stress, anxiety, and weight on the heart. Health is a holistic matter. It involves the physical, emotional, spiritual, and intellectual realms of a person. To be healthy outside is not enough when you are not healthy inside and vice versa.

Health is also about preventing diseases. It is about knowing how not to get sick by understanding common illnesses like headache, body pains, diarrhea, and the like. It means you do not overwork yourself and you sleep early so as not to get a headache. It means eating with clean hands and preparing your food properly, and washing and cooking it well. It means you work or study but that you get enough rest and you eat on time.
Health is not only about eating the right food, exercising, and keeping a clean body. While these are the essential, it is important for everyone especially children to know and understand that there is more to health than these things. When they are equipped with the right conceptions of health, they gain the proper perspectives on why health is important, why it is vital that they are healthy, and how they will be healthy and stay that way even when they grow up.

References:

