THE ROLE OF HEALTH AND NUTRITION TO EDUCATION

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Health plays a vital role in the learning of children. Obviously, it is a universal thought that a child who is undernourished performs less than a child who is healthy. Undernourished children are more likely passive learners because they feel weak, sleepy or uneasy. They can’t focus to the class discussion and attend to the activities provided by the teacher. On the other hand, healthy kids are active learners. They participate lively and are able to respond accordingly to the teacher. Consequently, this results to optimum learning outcome among the pupils.

Unfortunately according to the Food and Nutrition Research Institute (FNRI), the number of stunted and underweight children is a “medium to high level” public concern. Juan Arajo, Health and Nutrition Center, Department of Education said that undernutrition was behind the high dropout rates in elementary and high schools.

This only shows how poor nutritional and health status of children can badly affect their schooling. However, the government does not stop taking the huge steps to address this concern. They foresee how this can bring a ravaging effect not only in education but also to the economy of the Philippines in the near future.

Through the partnership of the Department of Education and the Department of Health, many programs and projects have been launched like feeding and deworming in all schools across the country. Happy to say, the said projects have delivered good to hear results. There was an improvement on nutritional status of children and likewise, their academic performance was improved from poor to satisfactory performance.
Efforts will not be successful if the process only ends with the initiative of the government. The community needs to show and give their full support in the implementation of such programs. They should make careful judgments about ads that stain the reputation of the sectors behind these projects. At the end of the day, remember that both government and community aim for the betterment of the delivery of quality education for the children and for the nation.

References:

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