

## BENEFITS OF GULAYAN SA PAARALAN

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Implementing a gardening program, or "Gulayan sa Paaralan," in schools promotes awareness among students, teachers, and parents and to the community of its benefits. Firstly, gardening can promote education in a hands-on and engaging way, allowing students to apply their knowledge of science, math, and other subjects to real-world situations. It can also teach students valuable life skills such as responsibility, cooperation, and patience.

Secondly, gardening can promote healthy eating habits by giving students access to fresh fruits and vegetables, which can help combat issues of obesity and malnutrition. The students will also learn where the food they eat comes from, as well as how it is grown and processed. Eating fresh fruits and vegetables they harvested is more satisfying because of their hard work.

Thirdly, gardening can promote environmental stewardship by teaching students about the importance of preserving natural resources and protecting the environment. Students can learn about conservation, composting, and other sustainable practices through gardening. It also helps improve the quality of the air we breathe.

Fourthly, gardening can promote community development by providing fresh produce for school meals and local families. It increases the availability of nutritious foods, reduces environmental hazards, and creates opportunities for volunteerism and community service.

Finally, gardening can promote mental and physical well-being by providing students with an opportunity to engage in physical activity, spend time outdoors, and relax and de-stress in a natural setting. Gardening can also be a form of relaxation for others. The bacterium found in the soil helps stimulate serotonin production, making a gardener relaxed and happier.

In conclusion, implementing a gardening program in schools can provide a wide range of benefits for students and the wider community, including promoting education, healthy eating habits, environmental stewardship, community development, and mental and physical well-being.

#### *References:*

Gulayaan sa Paaralan: Importance in Feeding Program (udyong.gov.ph), [http://www.udyong.gov.ph/index.php?option=com\\_content&view=article&id=10311:gulayaan-sa-paaralan-importance-in-feeding-program&catid=90&Itemid=1368#:~:text=In%20general%2C%20Gulayan%20sa%20Paaralan%20plays%20an%20important,and%20importance%20of%20agriculture%20in%20a%20subtle%20manner.](http://www.udyong.gov.ph/index.php?option=com_content&view=article&id=10311:gulayaan-sa-paaralan-importance-in-feeding-program&catid=90&Itemid=1368#:~:text=In%20general%2C%20Gulayan%20sa%20Paaralan%20plays%20an%20important,and%20importance%20of%20agriculture%20in%20a%20subtle%20manner.)

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