

PROMOTING LEARNERS' HEALTH AND NUTRITION

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Schools are not only meant to provide excellent education and academic opportunities, but also to foster a healthy lifestyle among learners. One of the keyways to promote a healthy lifestyle is through proper nutrition. Proper nutrition is fundamental for learners' cognitive development, performance in school, and overall health. To promote a healthy lifestyle among learners, schools have implemented various initiatives to improve their nutrition.

One of the most effective ways schools should work towards promoting nutrition is by offering healthy meals. Schools should increasingly introduce healthy foods such as fruits, vegetables, and lean meats on their menus. These foods provide essential nutrients that improve learners' health and cognitive function. Additionally, schools should implement strict policies around unhealthy food, such as soda and candy vending machines, which are no longer allowed in school compounds. Instead, schools encourage learners to drink water and focus on healthier snacking options such as fruits, vegetables, and nuts.

Schools must also introduce nutrition education as a critical component of the curriculum. Nutrition education teaches learners about healthy eating practices, including the benefits of consuming fruits and vegetables, avoidance of junk food, and balanced eating habits. This education helps learners understand the correlation between food and health, making informed choices in what they eat.

To support healthy eating habits for learners, schools must also implement gardening programs. These programs will promote the cultivation of fruits and veggies in school gardens. Thus, learners can indulge in fresh fruits and vegetables produced in the schools at their canteens and take home. In addition, school gardening programs will provide an opportunity for hands-on learning, teaching learners about responsible agriculture practices and the importance of local food production.

School initiatives play a vital role in promoting proper nutrition among learners. Through healthy meal options, education on nutrition, and gardening programs, schools provide an opportunity for learners to develop healthy eating habits and enhance their overall health. By implementing different initiatives, schools are setting learners up for a healthy future, equipping them with the tools to make informed choices about their health and well-being. It is, therefore, imperative that schools continue to prioritize initiatives that promote healthy eating among learners.

References:

Healthy Eating Learning Opportunities and Nutrition Education

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