

THE IDEAL SCHOOL CANTEEN

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A school canteen plays a significant role in learners' overall development and well-being. It serves as a place where learners can refuel their bodies and minds during the school day. Therefore, it is essential to establish a good school canteen that promotes healthy eating habits and provides nutritious meals.

A good school canteen should prioritize offering a variety of healthy food options. This includes adding fresh fruits, vegetables, whole grains, and lean proteins to the menu. By providing balanced meals, students will have access to the necessary nutrients for their growth and concentration in class.

Healthy foods at school canteens can contribute to improved academic performance. Numerous studies have shown that a balanced diet rich in fruits, vegetables, whole grains, and lean proteins enhances cognitive function and concentration levels. By providing learners with these nutritious options, schools can help optimize their learning potential.

Moreover, promoting healthy eating habits from an early age can have long-lasting effects on learners' overall health. Childhood obesity rates have been steadily rising over the years due to poor dietary choices and sedentary lifestyles. By offering wholesome meals at school canteens, we can combat this epidemic and instill healthy habits that will benefit learners throughout their lives.

Additionally, the layout of the canteen should be designed to encourage healthy choices. Displaying nutritious snacks at eye level while placing less healthy options out of sight can influence learner decisions positively. Moreover, creating an inviting atmosphere with comfortable seating areas will encourage learners to enjoy their meals in a relaxed environment.

Establishing a good school canteen requires careful consideration of various factors such as menu planning, healthy foods, and an appealing layout. By prioritizing nutritious options and promoting healthy eating habits among learners from an early age, we can contribute to their overall well-being and academic success.

References:

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