

PROPER NUTRITION: FUELING YOUNG MINDS AND GROWING HEARTS

by:

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Proper nutrition in elementary pupils goes beyond just full stomachs. It is about feeding their bodies, minds, and futures. Every meal a child eats can shape how they think, feel, and learn.

In the classroom, a hungry child struggles to focus. Their body might be present, but their mind is tired, distracted, or even dizzy. But give that same child a healthy breakfast, and suddenly, they're raising their hand, smiling, and ready to learn. Proper nutrition is not just a health issue, It is an education issue too.

Children in their growing years need the right balance of food: fruits, vegetables, proteins, and grains. These are not just items on a food chart. They are the energy behind every step they take, every page they read, every sentence they write. A glass of milk helps bones grow strong. A banana gives energy for play. A warm lunch provides comfort and strength for the rest of the day.

But in many communities, nutritious meals are not always easy to come by. That is why feeding programs, school gardens, and parent-teacher cooperation matter so much. It is not just about giving food. It is about giving children a better chance at learning, growing, and thriving.

Teachers, too, play a big role. When they notice when a child is often tired or skips meals, they show care beyond the lesson plan. When schools promote nutrition through fun activities, posters, or healthy snacks, they teach life lessons that last beyond the classroom.

Proper nutrition is the foundation of a child's development. When children are well-nourished, they are not just healthier. They are happier, more focused, and more confident. Because every child deserves the chance to grow not just taller, but stronger and healthier mind in every way.

References:

<https://health.clevelandclinic.org/nutrition-for-kids>