



Health, Food and Nutrition of School Children

Prakash Shriram Kolhe

Librarian, Late Bhashkarrao Shingane Arts, Prof. Narayanrao Gawande Science & Ashalata Gawande Commerce College, Sakharkherda, Tq. Sindkhed Raja, Buldhana, Maharashtra, India

ABSTRACT

Early nutrition intervention in infants and adolescents is necessary to prevent or counteract the health effects of overweight and bad eating habits. High nutritional quality is an important period of childhood and adolescence for diet because physical needs of nutrients are higher than energy requirements. In addition, many core eating habits and behavioral patterns have been developed that can last a whole lifetime. Schools can provide an important opportunity for retirement, because they provide the most effective method for reaching a large number of people, youth, school staff, family and community members. Healthy food and improved nutrition have high priority in each school subject, has a positive effect on the good condition of the children, and then increased learning ability and academic performance.

Keywords: Health, Food, Nutrition, Children

I. INTRODUCTION

Food is the basic need of man. It is a mixture of various nutrients such as carbohydrate, protein, fat, vitamins and minerals. These nutrients are necessary to increase, develop and maintain good health throughout the life of this nutritious life.[1] Food is an important influence on physical health and independence, and it also has its share in social, cultural and psychological life.[2] Nutrients grow more and the diet of high nutritional quality is particularly important for the health and development of child mortality and adolescence. During this time dining habits, lifestyle and behavioral patterns are established that can survive at an early age. Eating patterns have a significant effect on the health and wellbeing. Due to a healthy diet of adolescents and adolescents, the children of school children are less likely to have immediate nutritional health problems, such as obesity, dental TB and lack of physical activity.

In addition, those young people who have grown healthy after eating habits are more likely to protect them and thus reduce the risk of chronic diseases such as cardiovascular diseases, cancer, type II diabetes and osteoporosis. [3] Indian philosophers stressed the

importance of food for the uplifting of the soul and the health of the body. [4]

Healthy nutrition improves child's welfare and learning ability, achieves better academic performance. Evidence shows positive links between good nutrition and improvement in education, attendance, behavior, and consequent child-teacher relationships. Good nutrition also contributes to the promotion of mental, social and physical well-being, increased self-esteem and positive body image, however, despite the evidence, good nutrition benefits have been recognized due to globalization and the development of international food. Schools and educational institutions provide an important environmental structure in which a healthy food and nutrition policy in schools can not only bring short-term improvements in the daily life of young people, by establishing a whole school approach to health, and focusing on a wider community in order to facilitate healthy selection as a standard norm. , But self Conduct behavior can also be done - Prevention of Beginning In later life, obesity and acute illness.

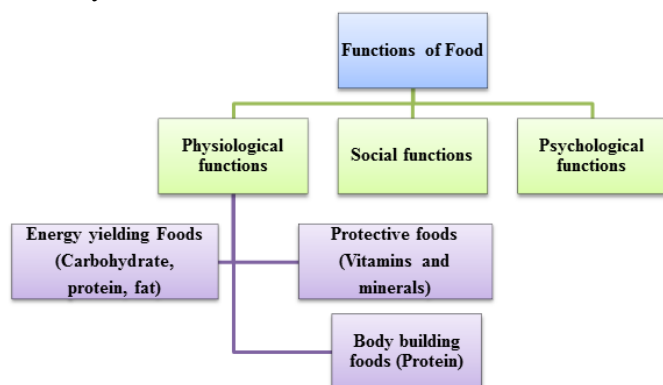
Children and adolescents have the opportunity to study food and nutrition skills and both outdoor and outdoor

activities can both provide both opportunities due to the healthy eating whole school system. Healthy nutrition in childhood and adolescence is the perfect foundation for health. Therefore, due to the many benefits of healthy food and nutrition in childhood and adolescence, these subjects must have high priority for the school agenda. Due to the variety of existing school systems, a universal diet and nutrition policy cannot be prepared.[3]

Balanced diet is one that provides all the nutrients in the required quantity and in the right quantity. This can easily be achieved by mixing four basic food groups. Essential substances needed to meet nutritional needs vary from age, gender, physical condition, and physical activity. A balanced diet provides about 50 to 60 percent of calories in carbohydrates, possibly due to complex carbohydrates, 10-15% of proteins, and 20-30% visible and invisible fats. In addition, balanced diet should provide other non-nutrients such as dietary fiber, antioxidants and phytochemicals that provide positive health benefits. Antioxidants such as vitamins C and E, beta-carotene, riboflavin and selenium damage the human body's free disaster. Other phytochemicals like polyphenols, flavon etc. also protect against oxidant damage. Spices such as turmeric, ginger, garlic, cumin and cloves are rich in antioxidants.[5]

Functions of food:

Food may be classified according to their functions in the body.



Physiological functions of food:

Energy yielding foods:

Foods rich in carbohydrates and fats are called energy yielding foods. They provide energy to sustain the involuntary processes essential for continuance of life, to carry out various professional, household and recreational activities and to convert food ingested into

usable nutrients in the body. The energy needed is supplied by the oxidation of foods consumed. Cereals, roots and tubers, dried fruits, oils, butter and ghee are all good sources of energy.

Body building foods:

Foods rich in protein are called body building foods. Milk, meat, eggs and fish are rich in proteins of high quality. Pulses and nuts are good sources of protein but the protein is not of high quality. These foods help to maintain life and promote growth. They also supply energy.

Protective and Regulatory foods:

Foods rich in protein, minerals and vitamins are known as protective and regulatory foods. They are essential for health and regulate activities such as maintenance of body temperature, muscle contraction, control of water balance, clotting of blood, removal of waste products from the body and maintaining heartbeat. Milk, egg, liver, fruits and vegetables are protective foods.

Social functions of food:

Food has always been the central part of our community, social, cultural and religious life. It has been an expression of love, friendship and happiness at religious, social and family get-togethers.

Psychological functions of food:

In addition to satisfying physical and social needs, foods also satisfy certain emotional needs of human beings. These include a sense of security, love and acceptance. For example, preparation of delicious foods for family members is a token of love and affection.[1]

II. CONCLUSION

Food and eating are important social means. Sharing food with any other person is social acceptance. Food is an integral part of festivity in every place in the world. We all have emotional needs, such as safety, love and affection. Food is a way to satisfy these needs. Regarding body production, regulating body processes and protecting from diseases. Exposure to waste products in the body is also regular. If not, the body suffers from the disease called webbing, which can lead to further complications. All these procedures are controlled by the food that you eat.

III. REFERENCES

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