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by Wwww Wwww

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Importance of Nutrition Education in Childhood Education

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Childhood education regarding nutrition is quite beneficial to the learners as it is only at school that some children can get nutrition education. It is through nutrition education along with other educational activities that young children get to learn the manner in which they can differentiate nutritious foods from unhealthy foods. For instance, by showing the children pictures of healthy foods, as well as unhealthy foods, it greatly assists them in understanding the nature of food that they should always be eating (Contento, 2011). Most importantly, once the children are enlightened about the variance between health food and the junk food, the chances are that they will be in the position of making healthy food choices as they get older.

It is also through nutrition education that the children will get to understand that having good nutrition contributes to better performance in school. This is particularly due to the fact that well-nourished bodies lead to well-nourished minds, hence the attainment of improved test scores. Besides, academic skills, education on nutrition offers entirely meaningful life skills. It assists children to learn the manner in which to listen to hunger, as well as, fullness cues, and the way to consume adequate quantities of food for purposes learning, and fully participating in daily activities (Contento, 2011).

Thoughtful nutrition education enables learners to gain much understanding about food within a way that supports not only their physical and mental health but also emotional, as well as, spiritual health. The children learn the manner in which to realize their best feeling by nourishing themselves. It is also through nutrition education that the children get to understand, as well as, respect the fact every individual has a distinct combination of energy needs, body shape, and food preferences.

Reference

Contento, I. R. (2011). *Nutrition education: Linking research, theory, and practice*. Sudbury, Mass: Jones and Bartlett.

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