



The Effect of Healthy Eating on Academic Success

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Abstract

As you know, healthy eating has a significant impact on a person's overall health from birth. Especially during childhood, proper eating habits not only positively influence growth and development but also academic success.

Keywords: Healthy Eating, Academic Success, Student Performance, Dietary Habits

Introduction

Healthy eating habits support children's physical development and academic performance. A Turkish proverb says: "A hungry bear does not dance!" Another proverb states: "A hungry dog does not go hunting!" The knowledge and skills acquired during the educational process play an important role in maintaining health. As children grow and socialize during their school years, preventive measures taken can significantly affect their health in later years. The school environment has a significant impact on a child's mental and social well-being. Inadequate and imbalanced nutrition can negatively affect children's natural development, leading to stunted growth, decreased perception, learning difficulties, behavioral disorders, frequent illnesses, and reduced academic success. Therefore, parents and teachers have important responsibilities. It is crucial to teach children proper eating habits.

In school health initiatives, a broad population should be considered, including parents, students, and school staff. About one-fifth of the population, along with their families, is included in this scope. Regular health checks should be conducted, and health issues of school-age children should be detected early. Hearing, vision, and oral-dental health screenings should be performed, and vaccination programs and other preventive health measures should be maintained to protect against infectious diseases.

Government institutions should collaborate with families to protect and improve children's health. Families should also support and cooperate with schools. Before children start school, families should seek support from Life Centers and Community Health Centers for necessary health checks. For vision exams and vaccinations for children starting primary school, family health units should be consulted. Additionally, health-related education and counseling should be obtained in schools.

Students who are inadequately and imbalancedly nourished may experience shorter attention spans, reduced perception, learning

difficulties, and behavioral disorders. They may also become ill more frequently and have lower academic achievements. Thus, parents and teachers have important roles to play.

Individuals who are inadequately nourished will incur additional expenses for their health in the future, which adds a burden to the government budget. This situation negatively affects the state budget. The relevant government agencies should discipline the budget allocated for health and plan and spend it to ensure that school-age children are healthy. We should teach our children that proper eating habits are a lifelong behavior.

According to research by the World Health Organization, some children do not engage in enough physical activity. With technological advancements, the amount of time children spend watching TV and using computers has increased. Therefore, from primary school to high school, children should be encouraged to engage in at least one hour of physical activity five days a week. Physical activity is essential for children's health. To maintain peak physical and mental performance throughout the day, children should engage in sports they enjoy. School sports club activities should be increased, and children should participate in physical activity for at least one hour daily. Activities such as walking, running, biking, jumping rope, swimming, basketball, and soccer are recommended.

It is important for school-age children to consume sufficient and balanced amounts of basic food groups, such as milk and dairy products, meat and meat products, vegetables, fruits, legumes, and whole grains. Starting the day with breakfast plays a significant role in improving academic success. Skipping meals should be avoided. Healthy snacks such as milk, yogurt, ayan, milk desserts, sandwiches made with whole-grain bread, fruits, freshly squeezed fruit juice, dried fruits, or nuts like walnuts, hazelnuts, and almonds should be preferred. Parents should also be careful when preparing their children's lunch boxes. Instead of excessively sugary, fatty, and salty foods, healthy options such as cheese, eggs, fresh vegetables, and fruits should be

chosen; carbonated drinks should be replaced with milk, ayran, and freshly squeezed fruit juices. Organic vegetables and fruits grown without pesticides should be preferred.

Physical activity is indispensable for our children's health. To maintain optimal physical and mental performance throughout the day, children should be engaged in sports they enjoy. Increasing school sports club activities is recommended. Regular physical activity is crucial for children's health and development.

The Effect of Healthy Nutrition on Academic Success

Healthy nutrition has a huge impact on a person's overall health, as you know from birth. Especially during childhood, correct nutritional habits positively affect not only growth and development, but also school success..

Healthy eating habits support both children's physical development and school success. A Turkish Proverb says: "Hungry bears don't play!" Another Proverb says: "A hungry dog does not go hunting!" The knowledge and competencies obtained during the education process play an important role in protecting health. While children grow and socialize at school age, the preventive measures to be taken will significantly affect their health status in later ages. The school environment has a great impact on the child's mental and social health. Inadequate and unbalanced nutrition can negatively affect children's natural development; This may cause shortening of height, decreased perception, learning difficulties, behavioral disorders, frequent illnesses and decreased school success. Therefore, parents and teachers have great responsibilities. It is important to teach children good eating habits.

In school health studies, a wide population such as parents, students and school staff should be taken into account. Approximately one fifth of the society, almost half of them together with their families, are included in this scope. Therefore, regular health checks should be performed and health problems of school-age children should be detected early. Hearing, vision and oral-dental health screenings should be performed, and vaccination programs and other preventive health studies should be continued to protect against infectious diseases. State institutions should cooperate with families to protect and improve children's health. Families should also support and cooperate with schools. Families should get support from Life Centers and Community Health Centers for the necessary health checks before starting their children to school. Family health units should be contacted for vision examinations and vaccinations of children who are just starting primary school. Additionally, health-related education and counseling should be provided in schools.

Students with inadequate and unbalanced nutrition may have shortened attention spans, decreased perceptions, learning disabilities and behavioral disorders, may become ill more frequently, and their school success may decrease. Therefore, parents and teachers have great responsibilities. Expenditures that malnourished individuals will make for their future health will place an additional burden on the state budget. This situation negatively affects the state budget. Authorized institutions of the

state must discipline the budget they plan and allocate for health and plan and spend it for the healthy nutrition of school-age children.

We must teach our children that proper nutrition is a lifelong behavior. According to research by the World Health Organization, some children do not do enough physical activity. With the development of technology, the time children watch television and use computers has increased. Therefore, children from primary school to high school should be encouraged to engage in physical activity for at least one hour a day, five days a week. Physical activity is indispensable for children's health. In order to keep physical and mental performance at the highest level throughout the day, children should be interested in the sports they love. School sports club activities should be increased and children should do physical activity for at least one hour a day. Sports such as walking, running, cycling, rope jumping, swimming, basketball and football are recommended.

It is important for school-age children to consume milk and dairy products, meat and meat products, vegetables, fruits, legumes and whole grain foods, which are among the basic food groups, in sufficient quantities and in a balanced manner at meals. Starting the day with breakfast plays a big role in increasing school success. It should not be forgotten that it is not right to skip meals. Healthy foods such as milk, yoghurt, buttermilk, milk desserts, sandwiches made with whole grain bread, fruit, freshly squeezed fruit juice, dried fruits or walnuts, hazelnuts and almonds should be preferred for snacks. Parents should also be careful when preparing their children's lunch boxes. Instead of excessively sugary, fatty and salty foods, eat healthy foods such as cheese, eggs, fresh vegetables and fruits; Children should be warned and parents should be cooperated to prefer milk, ayran and freshly squeezed fruit juices instead of carbonated drinks. Organically grown vegetables and fruits, away from pesticides, should be preferred.

Physical activity is indispensable for the health of our children. In order to keep physical and mental performance at the highest level throughout the day, children should be interested in the sports they love. It is recommended to increase school sports club activities. Regular physical activity is vital for child health and development [1-4].

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