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Teachers sensitized on healthy eating, hygiene among kids

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TRICHY : About 60 teachers from corporation schools were sensitized on imparting knowledge about healthy eating and hygienic practices among children on Wednesday. The school education department along with food safety and standards authority of India (FSSAI) is organising the four-day event.

The initiative is aimed at addressing the issue of malnourishment and school children being anaemic in government schools.

“Malnourished and anaemic children will not be able to concentrate on their studies and unless this issue is sorted out, performance of students cannot be increased. Keeping this in mind, this initiative has been spearheaded by FSSAI,” said Asha Devi, headmaster of government middle school at Pirattiyur. She was one of the moderators at the event.

Devi said that one teacher from each school in the primary, middle, high and higher-secondary classes have been selected for the workshop. These teachers would take the message to the children and ensure that they follow it, she added.

Apart from the healthy food that must be consumed, teachers were educated on the right way of washing hands, brushing teeth, bathing and cutting nails.

“I didn’t know that there is a specific way to brush our teeth to keep them healthy. Besides, washing hands with soap instead of using hand wash was a tiny yet important thing that we learned from the workshop and we will take the message to the students,” said one of the teachers.

“Prevalence of junk food, which has steadily made inroads into our dining tables, has not spared even rural households. This has been one of the major causes of children not getting relevant nutrition,” said K Marudhanayagam, block education officer of Manikandam block . There is need for making healthy eating a habit among children and this workshop is aimed at doing it, he said.