

Nutrition month essay sample



**ASSIGN
BUSTER**

It is almost the school's tradition that every year they do a Feeding Program for the Nutrition Month every month of July. Last 27th of July 2012, the Saint Francis of Assisi College's fourth year high school students including the Home Study Students made a program where they will feed almost one hundred children from the Bertoni Day Care Center. Each fourth year student are assigned to handle a kid where they will take care of them, feed them and be the one who will guide them while the dentists are teaching about the proper tooth brushing.

The feeding program was held at the Saint Francis of Assisi College Gymnasium. The fourth year students were divided into ten groups and one group for the home students and it was named as a fruit or a vegetable.

They first get their assigned kids then waited for the program to start. It was started at 8 o'clock in the morning. First, the dentist teaches the children about the proper tooth brushing and the fourth year students guided them. The dentists also gave the children and their partner a free toothbrush and toothpaste. The program also had a games led by each sections of fourth year. Some games are straw relay, puzzle, calamansi relay and newspaper dance. The winner for each game will receive a price. After the games, they ate their lunch provided by the school. Each group also provided a loot bags for their assigned kids that has a tooth brush, toothpaste, face towel, alcohol or a hand sanitizer, powder and cologne as the kid's hygiene kit.

The program ended at almost 12 o'clock noon and you can see that all of the children were very happy and the fourth year students were very glad that they helped even in a simple way.

EXPERIENCES

It was my first time to handle a kid from a day care center but I really had fun because you can see to them that they are very very happy to experience that kind of things and they really like the food that they ate. I am also happy that I helped them even in a simple way by just guiding them, giving them gifts and toys and being their “ate” in that program.

LESSON LEARNED

I learned how to value food and I also learned the importance of health and nutrition.

SUGGESTIONS

- * More games
- * More food to eat
- * More time