

School children deserve good food

Your
platform



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A few days ago, my mother passed on and owing to the multitude of people who showed up (which I greatly appreciate) for her send off, it brought back fond memories of the great parent she was.

Victoria Nakiwala Ssekidde was a woman who greatly loved education.

She made sure we got an education and all children in her vicinity, related by blood or not, had to go to school.

She would at times even offer better privileges to other children than her biological ones. This only showed us the virtue of valuing people, regardless of who they are. This is the true spirit of a great parent.

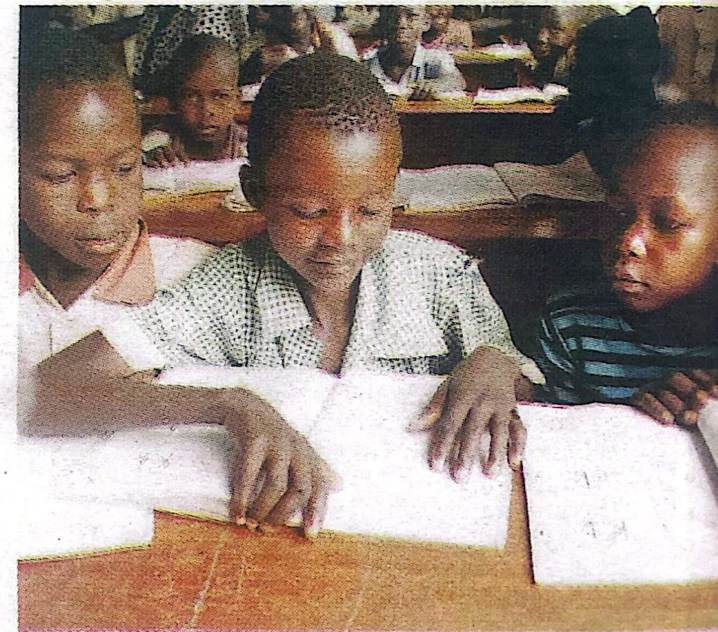
But most importantly, for

this article, I can never forget that she always paid attention to ensuring that we had lunch at school. She would always make sure we packed something to eat at school. It would always be a good meal, not only to make us eat healthy, but also to have enough food. Every home, within the limits or availability of resources, needs to pack or ensure that its children get a good meal at school.

Studies show a link between diet and cognitive development. Children who have good meals, not only lunch, always have better performance in their studies. This means that even boarding schools or any school preparing meals for pupils must have a balanced diet.

Apart from the value of food to children's academic performance, its safety and quality should be paid attention to. Schools and parents also need to know that there are guidelines for school feeding.

Not any kind of food can be supplied to a school for pupils' lunch. The education ministry's guidelines show that only beans and seed maize may be contributed in kind, if a contribution in kind is a preferred mode in any school. However, depending on market prices, movements due to seasonality of crops, schools can also accept or procure other cereals with similar nutritional values, such as cowpeas or pigeon



Pupils of Moroto Demonstration Primary School in Karamoja during class time. Photo by Abou Kisige