

Children who pack lunch do well in class

Studies show a strong correlation between lunch and test scores at school.

If a child does not have lunch, there is a likelihood that they will not perform well in class. This is because their attention span is affected, and their brain growth accumulatively slows down.

Therefore, children of all ages deserve decent meals at both home and school. The quality of food parents give their children, determines whether they will do well in class or not.

Every home should ensure that no child goes to school hungry or stay hungry during the day. The health and success of every child starts at home and parents should not abdicate this responsibility.

Nutritionists say children deserve a well-balanced diet, and within well-spaced periods in a day.

It is a responsibility of every parent to ensure that children are fed at school. The Government cannot meet all the costs of feeding children currently, on top of paying for their education at primary and

secondary school level.

Food is a fundamental basic requirement and a right of a child that should be upheld.

If we care about our country's quality of education, instead of the blame game, we must all play our part. Every home, no matter the economic or social background, must ensure that children are fed well.

Conan Businge

cbusinge@newvision.co.ug



Editor

News