

THE AFFECT OF CHILDREN'S NUTRITION AND NUTRITION BEHAVIOUR ON THEIR ACADEMIC SUCCESS

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Abstract

Insufficient nourishment and low quality nutrition may disrupt the rapidly emerging brain and cognitive functions and this may affect the children's academic success. Therefore, this compilation is planned in order to identify the nutrition and nourishment behaviours affecting the academic success. There are studies showing that regular meal consumption, especially breakfast consumption is related to academic success. It is determined that children who have breakfast regularly have better concentration, comprehension, recalling and problem solving skills. The ingredient of meal affects the academic success as much as the number of meals. It is stated that the variety and sufficient nourishment, sufficient fruit and vegetable consumption micronutrient (protein, folate, ferrous, Vitamins B, poly unsaturated fatty acids) and fish consumption is related to better academic results; Children who are nourished mainly with fruit, vegetables and home cooked food have better IQ and recalling skills. In contrast, It is found that unhealthy nutrition pattern such as over-consumption of low quality food (i.e. sugary products, salty junk food, fast food); insufficient consumption of dairy products and high nutritional value food (i.e. vegetables, fruits, meat, fish ,egg) is related to negative general performance.

Keywords: Child, nutritional behaviour, nourishment, academic success, school.