

Problem Based Learning in Islamic Management

Edited by
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PROBLEM BASED LEARNING IN ISLAMIC MANAGEMENT

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Chapter-5

Types of Food Awareness among School Children

Khaliq Ahmad/ Norsyuhada Zainal, et.al

INTRODUCTION

For our problem based learning (PBL), we had chosen the children food awareness as the main issue regarding the food eating habit among the primary and secondary student. They tend to eat unhealthy food that contains unbeneficial ingredients for body and mind. The healthy diet must begin from childhood where the children need a lot of healthy ingredients for their body growth as well for their mind. Not during the higher institution those children will be able practicing and choosing the good dieting but it must begin from kindergarten education level. Parents must take the responsibility in giving the good food since children and hoping that the children will continue the good habit in eating healthy food until they grown up. Take the children food intake for granted will make them grow unhealthy with carry on the critical disease such as diabetes and heart cancer when they reach the adult stage. Prevention is better than cure. So, we had conducted a survey for parents in order to see if they really take care about their children food awareness in home for example are they regularly put monosodium glutamate (MSG) in their cooking as well the frequency in visiting the fast food restaurant per month. From this survey we will be able to know if they practice the healthy diet although they already knew what the meaning of good food itself is. Furthermore, we conducted an observation of food awareness among children at Sekolah Rendah Sg. Pusu by giving them four types of food categories which each category contains a healthy and bad food for body and mind. Then we observe which categories that students are fall for. After that, we can make conclusion about the food eating habit among the primary school children towards their family eating habits, what the risk that they will face in future, and the recommendation that can be taken on. Healthy children will able to manage and be good leader in the future. So, healthy body will construct a good mind and that is we looking for our future generation.