

**IMPORTANCE OF HEALTH AND NUTRITION**  
**DETAIL INFORMATION AND UNDERSTANDINGS**



**TEACHER'S GUIDELINE**  
**IMPLEMENTATIONS AND ACTIVITIES FOR SUSTAINABLE ENVIRONMENT**

## INTRODUCTION

Daily lifestyle defines who a person is, starting from personal activities such as daily activities, eating habit, and social behaviors until the awareness towards the community. A healthy lifestyle is affected by five main factors, which are:

1. Diet
2. Exercise
3. Sleep
4. Activity
5. Happiness

How can all of the factors above are covered? With the good quality of education given, students are able to be aware of themselves. They are also able to contribute positive impacts to the community. Therefore, teachers should be able to give a good quality of education in a daily basis. Various activities may be implemented and led by teachers to the students. It is the reason why this guideline is made for teachers in order to build a better learning community.

## TABLE OF CONTENTS

	Page
<b>TITLE.....</b>	<b>i</b>
<b>INTRODUCTION.....</b>	<b>ii</b>
<b>TABLE OF CONTENTS.....</b>	<b>iii</b>
<b>CHAPTER I DEFINITION OF HEALTH AND NUTRITION.....</b>	<b>1</b>
1.1 Background.....	1
1.2 Problem Formulation.....	1
1.3 Objectives.....	2
<b>CHAPTER II LITERATURE REVIEW.....</b>	<b>3</b>
2.1 Importance of Health and Nutrition.....	3
2.2 Healthy Daily Habit.....	3
<b>CHAPTER III ACTIVITIES AND IMPLEMENTATIONS.....</b>	<b>4</b>
3.1 Morning Assembly.....	4
3.2 General Inspection.....	4
3.3 Guidance .....	5
3.4 Health Facilities and Nutritious Menu.....	5
3.5 Health Campaign and Class Picket.....	5
3.6 Hydroponic Plantations.....	6
<b>CHAPTER IV CONCLUSION .....</b>	<b>7</b>

# CHAPTER I

## DEFINITION OF HEALTH AND NUTRITION

### 1.1 Background

Health is the ability of a person to adapt and self-manage towards changes physically, mentally, and socially in the environment. Health may also be defined as a state of being free from illness and injury. Health is one of the main concern in daily life. Every single individual has the right of being healthy. School is a formal institution which consists of students, teachers, and staffs whose roles are important in the development of the school's environment itself. School has its own role as the place where educational activities occur. In order to reach a conducive situation, school should be able to provide a clean and hygienic environment. Not only a clean and hygienic environment, school should also be able to provide nutritious menu for the school's population in order to prevent the appearance and spreading of disease in between individuals. Therefore, health and nutrition should be one of the priority in the development of school environment.

### 1.2 Problem Formulation

Daily activities are intended to increase the awareness, willingness, and the ability to live a healthy life for each person. Recently, individuals nowadays aren't aware of their own lifestyle. Every single person just wanted to fulfill their own lust and appetite. They are not aware of how unhealthy their lifestyles are. Therefore, problems arise from the situation explained before. Below are the problems which are questioned in order to maintain and develop a sustainable community:

1. Can school provide an example for a clean and hygienic environment?
2. Can school provide a healthy educational environment for all of its population?
3. Can teachers educate students in order to be aware of their own lifestyle?

4. Can staffs maintain a secure environment for students and teachers in doing educational activities?
5. How can the school's population be able to develop a better environment to their surroundings?
6. How can the school's population be able to contribute to the community?

### **1.3 Objectives**

Below are the objectives in maintaining and developing a comfortable environment in the school and around the community:

1. Ensuring health and nutrition of each individual in school
2. Building a better environment in a hygienic, competitive, and conducive way
3. Increasing awareness of each individual toward their own health starting from their daily habits and lifestyle
4. Preventing and reducing the spreading of disease, starting from the lowest to the highest risk
5. Greening the environment through various implementations and activities in the community
6. Increasing the quality of health, nutrition, and lifestyle to the community around the school

## **CHAPTER II**

### **LITERATURE REVIEW**

#### **2.1 Importance of Health and Nutrition**

Good health and nutrition define a state of a person. A state of being healthy is one of everyone's goal in order to live a happy life. Being healthy is not cheap. They should be able to be aware of themselves and maintain a healthy habit. Each person has the right of being healthy. On the other hand, they are not using their right precisely. Health is very important for every person. Health is the ability of an individual to fulfill their needs physically, mentally, and socially. Nutrition is also important in our daily life. Nutrition is the process of providing and obtaining of food for health and growth. Therefore, health and nutrition are both important in living a healthy life.

#### **2.2 Healthy Daily Habit**

Daily habit may be defined as activities which individuals do often in daily basis. Habits can be differed into two types, the good and the bad. A good habit is a habit which a person may be able to take care of him or herself from any harm. A bad habit can be said as the opposite. An example of a good habit is a healthy lifestyle. A lifestyle can be said to be healthy if a person is being healthy from the activities that he or she does regularly. A healthy lifestyle can be done by everyone, depending on their own willingness. It is implemented through healthy eating habit, regular exercise, and getting enough sleep. In order to be healthy, each person should be aware of his or her own lifestyle, starting from their regular activities, daily eating habit, and health condition.

**CHAPTER III**  
**ACTIVITIES AND IMPLEMENTATIONS**

**3.1 Morning Assembly**

Morning Assembly is an activity which is done every day in our school, Sekolah Pribadi Depok. It is a morning briefing for every teachers and students of the school before any activities started. Morning assembly is held from 7.00 A.M. until 7.25 A.M. Morning assembly is led by a teacher or student. Every day, different topics are delivered. Below is the schedule of activity in the morning assembly during a week of school activities:

<b>Day</b>	<b>Activities</b>
Monday	Ceremony led by “Paskibra” followed by students and teachers
Tuesday	Speech from a representative of student
Wednesday	Sing Indonesia’s national anthem and school information from School Principle and or Student Council
Thursday	Speech from a representative of student
Friday	School information from School Principle and or Student Council

As it was mentioned above, a student is asked to give a speech in front of everybody in the school. The topic of the speech depends on the student. Usually, the student talks about the importance of health and nutrition in the daily life, conservation of energy, and social behaviors. Through this activity, it is hoped that each individual is able to be aware of their own habit and lifestyle.

**3.2 General Inspection**

General inspection is an inspection performed by teachers toward all of the students in the school. It is held once a month without any notice to the students before it is implemented. This activity is meant to increase the awareness of the student’s cleanliness and hygiene, instead of petrify them. This inspection includes the completeness and tidiness of school

uniform, and cleanness of nails and hairs. It is hoped that this inspection may increase the discipline and awareness of students toward their tidiness and hygiene.

### **3.3 Guidance**

Guidance is an hour lesson performed by each classroom advisor towards their students in each class. Each classroom advisor provides a non-academic lesson which includes good daily habits, behaviors, and others. The topic which is delivered depends on the conflict which is faced in each class. It is implemented to build a better and stronger character in each students.

### **3.4 Health Facilities and Nutritious Menu**

Health facilities and nutritious menu is provided by the school in order to maintain a healthy lifestyle. This facility includes a clean restroom and free drinking water. Body dehydration is important for each individual in having a stable healthy body. Nutritious menu is also provided by the school's cafeteria every lunch time. Variety of food and beverages are provided in order to increase the appetite of each person. Through the provided facility and menu, the maintenance of health is able to be kept.

### **3.5 Health Campaign and Class Picket**

All of the activities which are mentioned and explained above have increased the awareness of students in doing their daily activities. Since they are already aware of themselves, they are able to perform a health campaign. Health campaign can be done through speech in the morning assembly, educational stickers and posters, formation of class picket and discussion forum. Class picket is a group consisting 5-6 students in which they are going to clean their own class after school hours. This activity is done to maintain the cleanliness of the school, and also helping the janitors in order to have a clean class condition in the next morning before any activities begin.

### **3.6 Hydroponic Plantations**

Hydroponic plantation is an activity formed after the health campaign occurred. It is a club performed by a number of students led by a teacher. The name of the club is “Urban Farming”. The objectives of this club are as the following:

1. Maintain a green environment
2. Reduce pollutions in the community
3. Increase the effectiveness and efficiency of energy use
4. Create a healthy and conducive atmospheric condition

It is expected that students and teachers are able to give an example of modernized activities to the community without harming the environment.

## **CHAPTER IV**

### **CONCLUSION**

From all of the explanation above, it is concluded that health and nutrition are both important in living a healthy life. In the school environment itself, it is expected that students, teachers, and staffs are able to implement a healthy lifestyle. It can be done through various activities such as morning assembly, general inspection, guidance, health facilities and nutritious menu, health campaign and class picket, and a club named “Urban Farming”. Each individual is expected to maintain a healthy lifestyle led by teachers in order to contribute to the community. Community which surround the school should be able to take our school, Sekolah Pribadi Depok, as an example of a sustainable and conducive environment. It is hoped that through these various activities, everyone is able to have a healthy habit and good social behaviors.