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Nutrition Project Report

June 2025

The nutrition project implemented at Guadalupe Elementary School is generating notable and positive impacts on children's health and academic performance. Since the start of the intervention, a significant increase in concentration levels during classes has been observed. Teachers report greater participation, sustained attention, and improved academic performance, suggesting a direct relationship between improved nutrition and students' cognitive abilities.

Visible improvements have also been identified in the children's physical appearance. Their skin appears healthier and their facial expressions reflect greater vitality, clear signs of a more balanced and adequate diet. Another relevant indicator is the reduced risk of dental caries, a consequence of a diet lower in processed sugars and richer in fresh, natural foods. In addition, oral hygiene has improved.

The increase in nutritional quality is also reflected in the consistent inclusion of fruits, vegetables, and protein sources in school lunches. This change in eating habits not only strengthens students' immune systems but also contributes to their physical development, preventing cases of anemia and malnutrition.

Finally, it is important to highlight that this project not only benefits physical health but also promotes a culture of comprehensive well-being, educating both children and their families about the importance of good nutrition. The commitment of the educational community has been key to the success of this intervention, which is projected as a replicable model for other schools in the region.

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Photo Gallery

Before entering the dining hall, the children must wash their hands, always under the teacher's supervision. A good habit acquired by the children.

We make sure that the dishes always include vegetables. The children can now distinguish and understand that food must always be balanced.

Proteins are essential in a balanced diet. Whenever possible, we increase the protein portion.

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Fruits like grapes and dishes prepared with squash, cheese, and rice are distributed to the children, who love the meals prepared by the cooks.

At the end of the meal, all the children brush their teeth as an essential part of the project's success. With heart, we provide toothbrushes to all the students.

Health, nutrition, and hygiene talks are the key to success!

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