

Essay Paper: Health, Safety and Nutrition
Sleep Deprivation, Sun Safety and Organic Food

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Introduction:

Sleep deprivation, sun safety, and organic food have been touched upon because these three are one of the most valuable moments that is commonly overlooked about our health. In today's world, as people get busy, the normal sleep routine has resulted in the normality of sleep deprivation, affecting mood and overall feelings. Another important topic is sun safety since people spend most of their time outdoors without protection, thus exposing themselves to the risk of skin cancer. Meanwhile, organic food is gaining popularity at the same time as people start to realize the toxins that are inside their food. All these topics are related to how we live our lives today, and by knowing all of this it will help us make better decisions toward a healthier life.

Sleep Deprivation:

The research of Yu and Meng (2024) focused on assessing how mobile phone use has been affecting the sleeping patterns of the young population in South Korea. These tendencies were such that kids who spent most of their time on their phones generally slept much later, while kids sleeping later used their phones more. These created a self-reinforcing cycle in which it seemed as though the late sleeping was fostering phone use, and vice versa. Indeed, as said in the study, the pattern is the same at any age; girls tend to be more dependent on phones. They said that this association can have a long-term consequence in terms of sleep and phone use, addressing it early in life is suitable for helping children build healthier patterns of behavior.

On the other hand, Manitsa et al. (2024) explored changes in sleeping patterns of UK children from infancy to adolescence. They highlighted that one subgroup of children continued to prove shorter sleep and later bedtime with increasing age. It also appeared from the results that such sleep patterns were significantly associated with family adversity and maternal socio-economic status. Children from families with more adverse conditions are likely to have sleep problems. In the light of the above, the general conclusion the

researchers drew was that these early sleep patterns depend both on family conditions and on other risk factors, therefore calling for early interventions which could allow children to develop good sleep habits as they grow.

Sun Safety:

Hopkins describes the so-called 'Generation Z' with its bad sun safety awareness, risky misinformation on social media, and dangerous lack of feeling about the risks associated with sun exposure. Skin cancer is one area in which most young adults are uninformed about the real risk from sun exposure; this includes being misled by sunscreen and tanning myths. These incorrect feelings so result in engagement in risky sun actions, such as not wearing sunscreen or staying out in the sun for extremely long periods of time with no type of protection. This is how many individuals within the Generation Y category unconsciously set themselves up for the possibility of skin damage or skin cancer in the future years of their lives. Hopkins believes that there needs to be more education and awareness campaigns on sun protection, emphasizing that young people should understand proper sun protection and not be misled so easily by certain information on the internet. Corrective knowledge of sunscreen application rates and UV radiation may potentially enable changes in the current patterns of sun exposure among Gen Z (Hopkins,2024).

A related study by Merten et al. (2014) aimed to understand the knowledge and sun-protective practices on sun safety among teenagers visiting beaches in Florida. Inasmuch as most of these teens recognized the risks associated with sun exposure, their reported behavior rarely showed this awareness. A large proportion of the teens, especially girls, used low protection factor sunscreen, and few knew the hours of peak UV radiation. Most surprisingly, even while recognizing that sun exposure increases the risk of skin cancer, many teens viewed a Tan reflected health and deliberately tried to get sun to darken their skin. As Merten et al. show, such findings reflect not only deficits in sun safety education but also cultural belief about tanning. They note that this will require further targeted health interventions to correct such beliefs and influence healthier sun protection behaviors among the young (Merten et

al,2014).

Organic food:

Hartel and Moore (2014) explain how an exciting college-level laboratory experiment in organic chemistry enables students to appreciate learning about convenience foods' fats. The process of extracting the fats from the commonly consumed snack food items such as crackers and cookies involves the students in usage of advanced equipment like ^1H NMR spectroscopy for identification of the types of fats in these foods. This lab exercise allows students to connect chemistry directly to foods and to have more knowledge about lipids and their structure. The authors note that among those fields, which include food science and nutrition, hands-on interactive experiences that make abstract science concrete are essential.

On the other hand, Misyak et al. (2014) explore Family Nutrition Program assistants' feelings about farmers' markets and other agricultural systems for delivering nutrition education to economically disadvantaged communities in Virginia. They learned through questionnaires that while the assistants supported farmers' markets for their contribution to the local economy and fresh quality produce, many clients had transportation and convenience barriers to use. The authors theorize that training nutrition program assistants to help clients through this type of issue can deliver a positive effect to the linkage of agriculture with health in an effort to make Organic food more accessible to those who require this necessity.

Conclusion:

In Conclusion, sleep deprivation, sun safety, and organic food are considered important topics for young children, especially in ECE. Sleep is considered an integral part of child growth and development, while essential to learning. Therefore, proper sleep practices must be taught to children. Sun safety education would be carried out to teach children the basics about skin protection from the sun to prevent children in the future from developing lifelong health problems. Encourage healthy eating behavior, like organic food consumption, that will contribute to the growth and development of children's bodies. This information given within ECE will help children develop a lifetime of habits toward healthy living.

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