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Effects of Food and Education During Coronavirus

The main goal for any family is to have access to education, food and climb the socioeconomic ladder. Teachers in schools encourage students to work hard towards achieving their goals despite all the challenges they might be facing. However, learning and memory are influenced by a list of factors. A student's socioeconomic background or status can be very influential in a student's final performance in school. Although some people argue that the relationship between socioeconomic status and academic excellence is just moderate and does not highly affect a student's learning process. Nonetheless, communities are also categorized depending on socioeconomic background or class. What then is meant by socioeconomic background or class? In a simple definition, it refers to the social and cultural status and the ability of a family to acquire daily income or wealth of the family to support their child throughout the schooling life and sustain family developments. This, therefore, means that the socioeconomic status of a family can predict the kind of life a family lives, the socioeconomic category and the living standards of the family. My class status affected the type of food/nutrition I have access to traumatically. During this pandemic my parents only get what they can get from grocery stores and just stock up on all frozen food instead of fresh foods like we used to. While it's not unfounded to wonder whether you can get sick with COVID-19 from your food, experts agree: The evidence we have so far points to food being safe from coronavirus fears.

There are a lot of questions I ask myself about food during this pandemic. Can coronavirus be transmitted through food? Are there foods in grocery stores we should avoid? Is it safe to eat in restaurants? Are there any precautions to take when preparing food at home? When doing research no one

has the answer because they are still learning about the coronavirus and what it can and can't do. It's really nerve racking and stressful to have to question if your food is safe to eat. My theory is my parents get lots of frozen food because they feel like it's the safest food we can eat during this hard time. Besides, the economic class has a great impact on access to food. Food is a necessity for human development. However, the social class of a family can determine their access to food. Families from low socioeconomic backgrounds often suffer the challenge of accessing food. This may be due to the poverty level causing financial strain. Such families live a hand-to-mouth life where the parents have to toil for them to put food on the table. Higher social class is, however, often advantaged. They have sufficient resources to buy high-quality food for the family.

Research has shown that 'social class differences in food consumption follow a general pattern where upper social class groups consume food that signifies exclusivity and access to rare foods while lower-class groups consume the readily available foods not considering the nutrition.' This is why upper social class groups live a healthier life than lower social class groups. Moreover, the socioeconomic background can sometimes lead to stereotyping and stigmatization. Cardwell, 1996 defines stereotype as "a fixed, over-generalized belief about a particular group or class of people." This means that stereotyping is assuming the characteristics or abilities of members of a particular class. On the other hand, stigmatization refers to unfair treatment to a category of individuals publicly leading to inequality between people of different social or economic classes. Both stereotyping and stigmatization are factors that can lead to social categorization where people are grouped into their abilities depending on their social and economic background. People of the low socioeconomic class are often perceived as less competent, less fortunate, and less human. For example, in the school scenario, mostly views of the low-class students are often not taken into consideration when there are class discussions. Furthermore, such acts always lead to poor academic performance due to stress caused by stigmatization or stereotyping. It also affects the social interactions making children grow with the perception of social

categorization as per social and economic class. The issue of social categorization could perhaps become distinct when these children grow older and view their colleagues as equals despite the socioeconomic class.

In the Essay “Fremont High School” is an essay written by Jonathan Kozol presents a high school in need of transformation and support with educational advancement. Kozol addresses the overcrowding of this institution and lack of consistent staffing. The purpose of Kozol 's essay is to illustrate that lack of opportunity based on social class is an active crisis in the United States educational system, whereas addressing this crisis in the essay, Kozol would hope to achieve equal opportunities available to all socioeconomic class institutions. Multiple thoughts would race through one’s mind after reading this essay dependent on socioeconomic class, teacher or student. Fremont High School is located in South Central Los Angeles, parked in a lower socioeconomic class area, on a city block surrounded by steel fence topped with spikes and windows covered with thick screens to shield the gunfire(705), with increased crime rates, lower paying job opportunities, and broken family homes. Lack of a support system for the students to succeed and chase their dreams yielded by growing up in a lower class portion of the city, increased class size, inconsistent staff to teach students all affects a student 's learning potential. Fremont High School requires long overdue repairs, barely suitable for an animal to have access to. Only two working ladies restrooms are available, fifteen fewer restrooms than the law requires (707), utilizing converted storage closets as classrooms without windows or air conditioning all make learning quite difficult.

Morgan et al, 2009 state that ‘children from low-SES households and communities develop academic skills slower than children from higher SES groups.’ Most children from low socioeconomic households face various challenges as they continue with education. For example, poverty is a factor that directly impacts a child’s academic development which in turn affects life at adulthood. Some even drop out of school due to poverty. Students from a higher socioeconomic class enjoy the privileges of financial

ability to pay school fees and purchase all academic requirements. Besides, local schools within communities are under-resourced. There are certain essential requirements for a school system to run smoothly. These requirements offer support teachers and the students in achieving their academic targets. But we find that schools in low socioeconomic communities are often under-resourced. This means that the students and teachers do not get the motivation which is a very important aspect of achieving academic excellence. This leads to poor performance and in the long run, such students lead a miserable life. Research indicates that a greater percentage of students from low socioeconomic status enter higher grade levels of education with averagely low literacy skills compared to students from high socioeconomic status (Reardon et al 2013).

Nonetheless, the socioeconomic status of children affects the psychological development of the child which then impacts academic achievement. This can as well be termed as a learning disability. Poverty can sometimes cause stress to a child. This kind of stress is often toxic to learning, behavior, and the child's general health as defined by (Committee on Psychosocial Aspects of Child and Family Health et al., 2012). Parents from high socioeconomic status can provide all essential requirements for their children. These may include financial support and academic resources such as books. Additionally, they provide a good learning environment for their children. These and many more, provide the children with enough psychological support that encourages academic development hence academic success.

Additionally, the geographical location of a community can also affect their socioeconomic class. For instance, vulnerable communities in the interior parts of the country are often neglected in terms of development. This negatively affects their social living standards. Their location or geography affects their access to government services and opportunities hence hindering their continued efforts to climb up the economic ladder. Furthermore, the distance or the geographical location of a school from home also impacts the learning process and academic excellence. Education is the key to a community's development. Most students who walk long distances to reach school have an average performance or

generally poor performance. However, bright and focused students, despite the distance they walk to school and their socioeconomic status, manage to excel in school. The key concern then is fatigue and learning. Long distances traveled to school lead to fatigue hence affecting the learning ability of a student. A student may be forced to cover such long distances due to lack of transport fees to the school. Students from high socioeconomic status are advantaged since their parents can drive them to school or rather provide them with transport fees to the school. They then reach schools feeling fresh and ready to learn. On the other hand, those from the poor socio-economic backgrounds are forced to travel long distances hence feeling tired and stressed. These negatively impact the learning process for the children and even access to government opportunities that would rather help them develop their communities.

The aspect of socioeconomic class plays a fundamental role in determining the kind of life a family or community leads. Access to food and education offers a key role as far as community development and the living standards of the community members are concerned. It is through education that a community will be able to climb up the socioeconomic ladder and better opportunities in the job market. These three aspects can reduce the issues of stigmatization and stereotyping or social categorization. Therefore future efforts need to address and reinforce the issue of social categorization and develop ways through which every citizen can have access to education and food despite their geographical location and socioeconomic class.

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