



ASSESSING THE QUALITY AND NUTRITIONAL ADEQUACY OF CANTEEN PRODUCTS AT BALAYAN SENIOR HIGH SCHOOL

JIAN CEDRICK A. LOPEZ, RIZEN ANGEL A. DEL CARMEN, NIESHA SHANE A.
GRIMARIN, RICASHAINE A. BOCTOY, TRISTAN JAY B. MACABENTA,
RYM JIAN E. HELIS, KURT SHERVON PASCUAL
DepEd Batangas Province - Balayan Senior High School

ABSTRACT

This study examined the food services of the Balayan Senior High School canteen, focusing on student satisfaction, nutritional adequacy, operational practices, and recommendations for improvement. Using structured surveys and qualitative feedback, the study revealed that students generally held favorable perceptions of the canteen's offerings. Responses such as "Agree" and "Often" across key variables taste, cleanliness, affordability, and nutrition indicated that the canteen meets expectations and contributes to student well-being and academic performance.

The analysis of nutritional adequacy showed that meals were perceived to provide sufficient energy and essential nutrients, though improvements are needed in offering more balanced, low-fat options aligned with national nutrition guidelines. Taste and price emerged as the main factors influencing food selection, followed by cleanliness, appearance, and nutritional value. The canteen staff were commended for their professionalism, hygiene, and commitment to food safety, reflecting strong operational standards.

To enhance the canteen's impact, the study recommends implementing nutrition awareness programs, regular student feedback, and a "Healthy Choice" labeling system. Strengthened collaboration with nutritionists and suppliers is also advised to promote

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healthier, cost-effective, and appealing meal options. Overall, the study emphasizes that ensuring both nutritional adequacy and affordability is vital for fostering a supportive, health-oriented school food environment.

Keywords: *canteen services, nutritional adequacy, student satisfaction, food quality, Balayan Senior High School*



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