

JUNK FOOD CONSUMPTION AMONG PUPILS OF MABINAY DISTRICT II ELEMENTARY SCHOOLS IN NEGROS ORIENTAL, PHILIPPINES: ITS CAUSE AND EFFECT ON ACADEMIC ACHIEVEMENT

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Abstract

The study determined the extent of junk food consumption among 227 Grade Six pupils in Department of Education (DepEd) Mabinay District II, Negros Oriental, Philippines and its cause and effect on academic achievement. Majority of the pupil- respondents aged 10-11 years old, male and whose parents were mostly farmers earning meager income. Findings further revealed that pupils liked eating healthy foods like fruits and vegetables but said food were not available because their parents cannot prepare due to lack of time and resources, thus, pupils resort to eating unhealthy or junk foods. Perceived barrier for eating healthy foods were time, food taste, lack of money and the influence of the advertised junk foods. In terms of academic achievement, majority of the respondents were average in the class and in good nutritional status. Furthermore, the insignificant relationship was found between respondents' socio-demographic profile and perceived determinants to unhealthy snack consumption except gender. Junk food consumption is higher in male pupils but has no significant effect on their nutritional status. Soft drink consumption was also found to be insignificantly related to academic performance of the respondents. In conclusion, junk food consumption has no direct link of evidence to affect academic performance of pupils. Despite results of the study, the DepEd of the Philippines is encouraged to continue safeguarding the health of the pupils and impose rules and regulations to minimize selling of junk foods in the school community and promote healthier foods sold in DepEd school canteens.

Keywords: Junk foods, consumption, nutritional status, academic performance