

Acceptability of the Newly-formulated Food Recipes among Selected Age Groups at Brgy. Tabat Tubungan, Iloilo

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ABSTRACT

This research study is a cross-sectional survey done among 90 conveniently selected residents of Brgy. Tabat Tubungan, Iloilo in order to determine the acceptability of the newly-formulated food recipes based on sensory analysis (appearance, smell, taste and texture), general acceptability, cost, and food action response. The ingredients used in each of the three new recipes namely tortang malunggay, alugbati-squash ukoy and Palawan delight are nutritious, cheap and indigenous to the community. The acceptability test was done among the three selected age groups: school-age children (6-12 yrs old), adolescents (13-19 yrs old) and adult (20-40 yrs old). Pre-tested structured questionnaires were used in the evaluation of the acceptability of the three recipes. Results were analyzed using frequency distribution and test of proportion to determine whether or not the prepared recipes are acceptable. Chi-square analysis was used to test the independence of acceptability of the food items based on the set criteria and the age group categories of the panelists. The results show that three newly formulated recipes namely tortang malunggay, alugbati-squash ukoy and Palawan delight were found to contain high amount of energy content (107 kcal, 181 kcal and 160 kcal) and essential nutrients such as vitamins A and C, calcium and iron which are needed and vital to the body. The percent Recommended Dietary Allowance requirements derived from the three newly formulated food recipes were 5.35% of the total caloric need per serving for the tortang malunggay, alugbati-squash ukoy and palawan delight could supply 9.05% and 8.00% of the total caloric needs.

For the sensory test, results show that in terms of the appearance, the three recipes: tortang malunggay, alugbati-squash ukoy and Palawan delight are acceptable to 82.22%, 95.56%, and 84.44% of the panelists respectively. Smell of the three recipes is acceptable to 87.78% of the panelists. Among the ninety panelists, 87.78% and 83.33% said that the taste of the food recipes is acceptable. In terms of texture, tortang malunggay received the highest acceptance level of 88.89%. Based on general acceptability, Palawan delight was liked by 93.33% panelist. The computed Chi-square values show that the acceptability based on sensory analysis and general acceptability of the three food recipes (except the taste of alugbati-squash ukoy) is not dependent on the age group category of the panelists. The costs of the three recipes were also acceptable to 95.56% of the panelists. As to the food action-response, 95.56% expressed a favorable response.

Because of the positive results obtained during the acceptability test on the three food items, the researchers recommend these recipes be included in Food Supplementation and Nutrition Education activities.