



JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO, INC

SENIOR HIGH SCHOOL

M.H del Pilar Street. Molo,Iloilo City Philippines

THE INFLUENCE OF FOOD INTAKE TO THE HEALTH AND

PERFORMANCE OF SENIOR HIGH SCHOOL

STUDENTS OF JBLFMU-MOLO

A Thesis Presented to

The Faculty of Senior High School Department

In Partial Fulfillment

Of the Requirements in Practical Research

By

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JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO, INC

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Approval Sheet

The Research project entitled. **"The influence of food Intake to the Health and Performance of Senior High School Students of JBLFMU-MOLO,SY2017-2018"** at John B. Lacson Foundation Maritime University. Prepared and submitted by John Lorenz Sancio and A-jay Calamaan of Grade 11-Capella in partial fulfillment of the requirement in the subject Practical Research 1 has been examined and hereby recommended for approval and acceptance.

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John Lorenz Sancio and A-jay Calamaan" Influence of Food Intake to the Health and Performance of Senior High School Students John B Lacson Foundation Maritime University- Molo, A.Y. 2017- 2018

Abstract

The study entitled " Influence of Food Intake to the Health and Performance of Senior High School Students John B Lacson Foundation Maritime University- Molo, was conducted to determine the influence of food intake of youth students in John B Lacson Foundation Maritime University- Molo.

Generally, this study intends to determine the Influence of food intake to the health and performance of Senior High School Students.

Specifically, the study sought to answer the following questions:

1. what are the positive and negative influence of food intake to the health and performance of students in school?
- 2 what are the positive and negative influence of food intake to the health and performance on their daily activity?
3. what are the positive and negative influence of food intake to the health and performance of youth?

A qualitative case study method will be utilized in this study. This study will be conducted at ten grade 11 senior high students of John B Lacson Foundation Maritime University- Molo.

Acknowledgement

After an long period of months, today is the day writing the note of appreciation in the finishing touch on our research. It has a period of intense learning for us ,not only in the research paper but also in our personal level. We would to give our appreciation to those who support and help us to achieve this tudy

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Chapter 1

INTRODUCTION

Background of the Study

The food we eat gives our bodies the "information" and materials they need to function properly. If we don't get the right information, our metabolic processes suffer and our health declines. If we get too much food, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for the development of diseases. This is the one reason that can affect the performance of students. On the other hand the nutrients in food intake may help your body mentally and physically healthy, if you don't eat enough of food that source of vitamins, minerals and nutrients it can cause many diseases to our health.

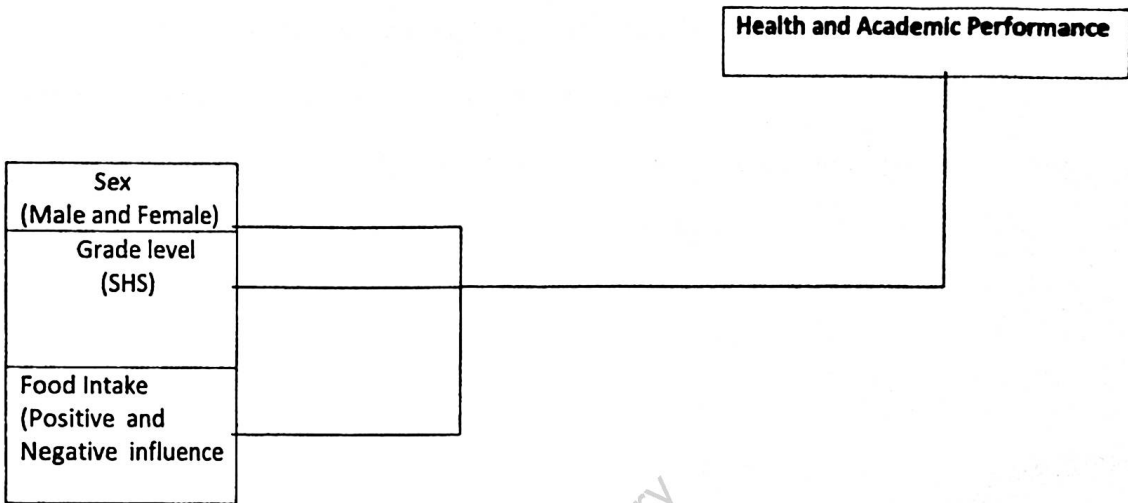
Theoretical Framework

Consistently with Karen Dynan's (2000) empirical findings with panel household data, the present analysis assumes that food consumption is neither addictive nor a formed habit. An intertemporal consumer model incorporating the taste, price and risk differences between junk food and its healthier substitute is proposed. The short-term taste and price advantages of junk food are, at least, partially offset by the long-term adverse effects of junk food on health and life expectancy.

Conceptual Framework

Independent Variables

Dependent Variable



Statement of the problem

Nowadays, many students are not eating the right food that can give our body to function well and they choose to eat what there taste like there's a big impact to the students of John B Lacson Foundation Maritime University-Molo. The students that are lack of nutrients and other need of our body can cause a big problem to a students. They can't think well on therestudies and they can't focus because there brain and there body can't get enough of nutrients . Eating a balanced diet is one of the mostimportant ways of improving overall health.Different nutrients have different roles so It is important to eat a wide range of food rich in fruits and vegetables.

Assumption

People often take in information without thinking about what it means or how valid it is. People also tend to consume food and beverages without thinking where it came from or how it was produced. The well-known saying, “do not believe everything you see and hear” is something more people should consider more often when thinking about the production and consumption of food in America. The American public is misinformed on many topics in the food industry.

Significant of the Study

The third National Health and Nutrition Examination Survey (NHANES III) has shown that that energy intake peaks during late adolescence and young adulthood and declines thereafter. Remarkably, relative to the 20- to 29-year age group, persons 80+ year-old ingest approximately 1000 fewer calories per day, regardless of gender. The origin of declining food intake in old age is multifactorial. Advancing age per se is associated with a “physiologic” reduction in appetite, known as anorexia of aging, that can eventually evolve into pathologic anorexia and malnutrition.

Scope and Delimitation

The study is all about the effect of food intake to the students performance in their school

Our respondents are the students of John B Lacson Foundation Maritime University S.Y 2017-2018 who are not taking enough healthy foods.

The researchers conduct this study this 2nd semester ,the researchers conduct this study in order to share the knowledge about the effect of not taking enough healthy foods. The researchers conduct the study near the John B Lacson Foundation Maritime University-Molo

Definition of Terms

Physiologic- consistent with the normal functioning of an organism.

Pathologic anorexia -Anorexia nervosa, eating disorder characterized by the refusal of an emaciated individual to maintain a normal body weight

Chapter 2

REVIEW OF RELATED LITERATURE

A nutrient-rich diet could assist apprentices to maintain a healthy body and mind. The nature of most construction industry apprenticeships is such that it requires concentration and moderate to high levels of physical activity, and consequentially apprentices need a diet which can support these required high energy demands. Anecdotally, apprentices display a range of dietary practices, which appear to be moderated by their taste preferences, nutritional beliefs and knowledge, environment (e.g., availability of food; healthful dietary messages) and degree of prescription to traditional masculine stereotypes. The determinants of healthy eating, the effect of nutrition on mental health, gender differences in nutrition, and workplace programs are discussed in this literature review. Although no studies which specifically focus on apprentices' diets have been identified, the literature will make inferences from related age groups and work environments. Due to this paucity of research, some researchers have specifically called for more focused nutrition interventions with young men.

Conceptual Literature

As much as food can affect our mood, our mood can also affect our food choices. In a study by Macht (1999), female and male participants were asked to report how their eating patterns changed with emotions of anger, fear, sadness, and joy. When experiencing anger and joy, participants experienced increased hunger as compared to feelings of fear and sadness. Anger increased comfort and impulsive eating, and joy increased eating for pleasure. Another study found that people eat more less-healthy comfort foods when they are sad. Participants either watched a happy or a sad movie and were provided with buttered popcorn or seedless grapes throughout the movie.

Research Literature

Positive Impact

Eating healthfully allows your body to function better. When you eat healthfully, you feel more awake. You have more energy to spare because your body isn't trying to run on sugar and fat. Eating a healthy mix of grains, fruits, vegetables, dairy and protein gives your body all of the nutrients it needs. Eating fruits and vegetables is also believed to reduce your risk for certain cardiovascular diseases, stroke, type 2 diabetes and cancer. With a healthy diet, your body physically functions better.

Negative impact

Unhealthy eating is responsible for a plethora of health problems that plague today's society. An unhealthy diet is a major risk factor for obesity, nutritional deficiencies and several chronic diseases. In addition to declining health, improper nutrition also accounts for approximately 71 billion dollars in yearly medical costs, according to the United States Department of Agriculture. Many Americans are overfed but undernourished. This means that they eat plenty of food, but the food is often convenience and packaged foods that have been stripped of their nutrients. While this may help keep you full in the short term, it doesn't provide the nutrients your body needs to stay healthy. Most vitamins and minerals are found in whole foods, such as fruits, vegetables and lean meats. Neglecting to include these foods in your diet can lead to nutritional deficiencies. Unhealthy foods are often high in sodium, fat, cholesterol and sugar. Eating these unhealthy foods on a regular basis can increase your blood pressure as well as your cholesterol and triglyceride levels. Over time, high blood pressure and high lipid levels can put a great deal of stress on your heart, increasing your risk for heart attack, stroke and coronary artery disease.

Chapter 3

METHODOLOGY

Research Design

This is a qualitative research using case study methods the researchers aim is to study the Influence of food intake to the health and performance of Senior High School students of John B Lacson Foundation Maritime University. To meet this expectation or conducting this research the researchers tend to use to use qualitative design. This design used to Interview which the researchers used to the respondent.

Respondents

The students of John B Lacson Foundation Maritime University have already experienced some of the effects of malnutrition this includes obesity, malnourishment and worst some may have experienced serious illnesses such as diabetes and heart failure.

Sample Size

The researchers sample size are 10 students of John B Lacson Maritime University Molo.

Sampling technique

The type of technique that researchers used in this study is Interview. We used this kind of technique because it easy for us to collect and gather information about the respondents and their opinions and answers in this study.

Instrument

They are the tools for data collection. They include **Questionnaire ,interview, Observation and Reading.**

Essentially the researcher must ensure that the instrument chosen is valid reliable . **The validity and reliability of any research project depends to a large extent on the appropriateness of the instrument.**

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Chapter 4

RESULTS AND DISCUSSION

The purpose of this study was to identify and determinants of food intake include(eating and drinking) the behaviours of John B Lacson Foundation Maritime University-Molo Senior High School Students. Furthermore, the researchers aimed to collect ideas and recommendation in order to facilitate the development of effective and tailored intervention programs aiming to improve healthy eating behaviors of John B. Lacson Foundation Maritime University Senior High School Students.

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Matrix

Question # 1 Are you aware of the negative impact of improper food intake? why?

	DISIMILAR
9 out of ten answered no, because they are not aware of what they eat.	<p>one out of ten answered yes, because he is aware of what he eat.</p> <p>One out of ten answered yes, because she is a health concious</p>

The researchers gather data from a Total 10 Grade 11 students of John B Lacson Foundation University Molo. They re composed of 7 males and 3 females. There were 3 respondents aged 16 years old, 2 respondents of 18 years old and 5 respondents of 17 years old.

Question # 2 If you had to choose between a strict vegetarian diet forever or a junk food diet forever, which would you choose?

SIMILAR	DISIMILAR
9 out of ten answered junk food because of the delicious taste	<p>One out of ten answered vegetarian diet forever beacuse it can improve academic performance</p> <p>One out of ten answered vegetarian diet forever beacuse he will live longer</p> <p>One out of ten answered vegetarian diet forever beacuse of the energy he can get</p> <p>One out of ten answered vegetarian diet forever beacuse he can avoid disease</p>

Question # 3 Are you eating Unhealthy foods or Are you eating Healthy foods why?

SIMILAR	DISIMILAR
Eight out of ten answered that they eat unhealthy foods because it taste so good and delicious	One out of ten answered that he eat healthy foods because it is good for our health One out of ten answered she eat healthy foods because she is not allowed to eat unhealthy foods

Question # 4 Base on your observation , are you taking proper or improper food intake?

SIMILAR	DISIMILAR
Nine out of ten answered that they are taking improper food intake because they not know the effects of food in their body	One out of ten answered taking proper food intake because he is health concious

Question # 5 Do you know some people suffering from many diseases because of eating unhealthy food?

SIMILAR	DISIMILAR
Seven out of ten answered no because they did not know the diseases they can get from unhealthy foods	One out of ten answered yes because he experienced One out of ten answered yes because she are aware of the diseases. One out of ten answered yes because he suffered many diseases from eating unhealthy foods

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Chapter 5

SUMMARY, CONCLUSION, RECOMENDATION

Summary

The purpose of this study was to identify and determinants of food intake include (eating and drinking) the behaviours of John B Lacson Foundation Maritime University- Molo Senior High School Students. Furthermore, the researchers aimed to collect ideas and recommendation in order to facilitate the development of effective and tailored intervention programs aiming to improve healthy eating behaviors of John B. Lacson Foundation Maritime University Senior High School Students.

Conclusion

The result of the study from findings showed that the food intake of the John B Lacson Foundation Maritime University Senior High School Students S.Y 2017-2018 have negative effect on their health and academic performance such as the diseases/illness. They cannot focus on their studies

Recommendation

In the light of the findings of the study and the conclusions drawn from them, the following are recommended:

To the Students of JBLFMU Senior high school students they need to avoid eating a unhealthy foods in order for them to stay away from many diseases like Diabetes, Highblood and serious illness. Also to maintain there healthy body and to become physically healthy and fit. They need to stop eating unhealthy foods to Live longer this world.

To the other Researchers, that this will be their guide and reference in making a research or study related to the creativity . Through our study we hope that it could help them alot. And we hope that they can improve their works with the help of our study. We are also hoping that they will use our study in good purpose and manner.

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