

Blt and non- blt participants academic performance in enscima essay sample

[Nutrition](#)



RATIONALE

One of the problems confronting Philippine society today is malnutrition. It has been reported that two thirds of the young population, mostly in usual areas, are malnourished. Malnutrition has also been found to have a direct effect on the mental development of children. Balanced nutrition supports mental process in test situation. The well hungers for the ability recalls information and relay it quickly accurately through hand-eye coordination. Compared to students partial meal nutrition faster and make fewer number of usual skills on test the FRAC reports. Children who get enough nutrition and energy from food have better responses them those who don't. Jollibee in school feeding program aims to address hunger (Busog) to improve the health condition of the students (Lusog), ensuring their attendance in participation in classes (Talino). It serves to catalyze community supports to sustain the results of the program of the parents themselves involved in the feeding process, it in the hoped that proper feeding will start at home so that students come to school Eveready ready at able to learn their lessons.

The foundation is recognized for its consideration work in addressing hunger among public school pupils to help prevent dry out, and improves the pupil's ability to learn better through BLT school feeding program and has nourished our 25 000 pupils to date. As future elementary teacher, we plan to provide good and quality teaching to our students. We know that a good and quality teaching provides good absorption to the students in order for them to absorb easily and faster. As a teacher, we are concerned about the academic performance of our students, that's why we conduct assessment in our plan to evaluate their performance in the school. The capacity and the ability of a

teacher in delivering teaching is a important aspect in teaching, when the performance of the teacher is poor, the students can't absorb the lessons easily and it might be the reason why they have a poor performance in the school. Aside from the teaching strategy, there is a big thing that we might consider as a part of teaching.

It is the nutrition status of the students, according to ERIC (Educational resources information center) The physical, emotional, and intellectual impact of nutrition on children's ability to learn is the subject of this guide for school personnel. The guide is divided into two parts and includes two appendices. Part 1, " What We Know About the Relationship Between Nutrition and Learning," reviews research linking nutrition and academic performance. Children's behavioral development and learning ability are affected by such early nutritional influences as low birth weight and the adequacy of food consumed in day care.

Evidence of the impact of hunger and under nutrition on learning is presented. A number of recent studies indicate the positive effects of child nutrition programs on children's nutritional status and learning ability. The problems of obesity and the consumption of sugar and food additives are discussed. Part 2, " Putting Into Action Our Knowledge About the Relationship Between Nutrition and Learning," provides suggestions for solving students' nutritional problems. Steps that school employees can take to ensure that children have access to nutrition programs are enumerated. School action to ensure the provision of healthful food and nutrition education is described. Theoretical Background

The BLT is Jollibee foundation in the school feeding programs that addresses hunger among undernourished Grade 1 and 2 pupils in public schools and helps them to stay in school by keeping them fit and healthy. Daily lunch is cooked and serves by organized parents groups. Alliance building for collaboration among local education stake holding ensures program sustainability. THEORIES

1. Journal of Nutrition Education , Volume 30, Issue 5, Sept. 1998, page 268-280 It was hypothesized that blending cognitive theory with the education philosophies of piaget and Dewey would enhance behavior change. 2.

Nutrition Education: Research Theory and Practice of Isabel R. Contento - State why nutrition education is booked important and difficult to do -State whether nutrition education is effective

-Good nutrition is essential for growth and development of a child, and for health and well-being in people of all ages. Nutrition education is their education about nutrition. 3. Educational Philosophy of Swami Vivekananda, D Vizaya Bharati, Digumarati Bhaskara Bao, Discover, Publishing Home (2005)

REVIEW OF RELATED LITERATURE AND STUDIES

Factors Affecting The Academic Performance Of Students At Risk With Learning Performances: Basis For Designing A Supportive Classroom Environment The main purpose of this study was to determine the specific learning performance, level of self efficacy , self esteem multiple intelligences, parent and teacher's involvement of students at risks with learning abilities and their relationships to academic performance of

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students at risk with learning abilities in order to design a supportive classroom environment for these children. This study was based on the theory that academic performance of students at risk with learning ability is dependent on the self-efficacy, self-esteem, multiple intelligences and parents and teachers' involvement. The self-efficacy includes general self efficacy and social self efficacy. The multiple intelligences includes the Linguistic Intelligence, Logical-Mathematical Intelligence, Bodily Kinesthetic Intelligence , Musical Intelligence, Interpersonal Intelligence , Intrapersonal Intelligence , Spatial Intelligence , and Naturist Intelligence.

This study hypothesized that there is significant relationship between self-efficacy, self-esteem, multiple intelligence, parents and teachers' involvement to the academic performance of students at risk with learning abilities. Individual differences influencing academic performance. Individual differences in academic performance have been linked to differences in intelligence and personality. Students with higher mental ability as demonstrated by IQ tests (quick learners) and those who are higher in conscientiousness (linked to effort and achievement motivation) tend to achieve highly in academic settings. A recent meta-analysis suggested that mental curiosity (as measured by typical intellectual engagement) has an important influence on academic achievement in addition to intelligence and conscientiousness. Children's semi-structured home learning environment transitions into a more structured learning environment when children start first grade. Early academic achievement enhances later academic achievement.

Parent's academic socialization is a term describing the way parents influence students' academic achievement by shaping students' skills, behaviors and attitudes towards school. Parent influence students through the environment and discourse parents have with their children. Academic socialization can be influenced by parents' socio-economic status. Highly educate parents tend to have more stimulating learning environments. Children's' first few years of life are crucial to the development of language and social skills. School preparedness in these areas help students adjust to academic expectancies. Another very important enhancer of academic achievement is the presence of physical activity. Studies have shown that physical activity can increase neurotic activity in the brain. Academic Performance, Career Potential, Creativity, and Job Performance: Can One Construct Predict Them All? Kuncel, Nathan R.; Hezlett, Sarah A.; Ones, Deniz S.

Journal of Personality and Social Psychology, Vol 86(1), Jan 2004, 148-161. doi: 10. 1037/0022-3514. 86. 1. 148 Journal of Educational Psychology, Vol 93(1), Mar 2001, 55-64. doi: 10. 1037/0022-0663. 93. 1. 55 A longitudinal study of 1st-year university student adjustment examined the effects of academic self-efficacy and optimism on students' academic performance, stress, health, and commitment to remain in school. Predictor variables (high school grade-point average, academic self-efficacy, and optimism) and moderator variables (academic expectations and self-perceived coping ability) were measured at the end of the first academic quarter and were related to classroom performance, personal adjustment, stress, and health, measured at the end of the school year.

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Academic self-efficacy and optimism were strongly related to performance and adjustment, both directly on academic performance and indirectly through expectations and coping perceptions (challenge-threat evaluations) on classroom performance, stress, health, and overall satisfaction and commitment to remain in school. Observed relationships corresponded closely to the hypothesized model. (PsycINFO Database Record (c) 2012 APA, all rights reserved) 2012 American Psychological Association | PDF documents require Adobe Acrobat Reader | Terms and Conditions

Sense of relatedness as a factor in children's academic engagement and performance.

Furrer, Carrie; Skinner, Ellen

Journal of Educational Psychology, Vol 95(1), Mar 2003, 148-162. doi: 10.1037/0022-0663.95.1.148 Children's sense of relatedness is vital to their academic motivation from 3rd to 6th grade. Children's (n = 641) reports of relatedness predicted changes in classroom engagement over the school year and contributed over and above the effects of perceived control. Regression and cumulative risk analyses revealed that relatedness to parents, teachers, and peers each uniquely contributed to students' engagement, especially emotional engagement. Girls reported higher relatedness than boys, but relatedness to teachers was a more salient predictor of engagement for boys. Feelings of relatedness to teachers dropped from 5th to 6th grade, but the effects of relatedness on engagement were stronger for 6th graders. Discussion examines theoretical, empirical, and practical implications of relatedness as a key predictor of

children's academic motivation and performance. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

©2012 American Psychological Association | PDF documents require Adobe Acrobat Reader | Terms and Conditions STATEMENT OF THE PROBLEM

1.)Is there any significance for the pupil's academic performance in availing the BLT Program especially in dealing with the basic subjects like English, Science and Math? 2.)It was the purpose of this study to find out the whether their academic status will improve through BLT program. Specifically sought to answer the following questions :

What is the relation between the pupil's academic performance and their food intake? What is the relation between the pupils knowledge in nutrition & their food intake?

STATEMENT OF THE HYPOTHESIS

The investigation formulated is the following hypothesis

1) There is important relationships between the food intake and the academic performance. 2) The BLT does not affect the academic performance of the pupils. 3.)Majority of the students formulated is the following hypothesis nourished as shown by their food intake nouns. 4.)There is significant relationships between the food intake and the academic performance. 5.) The BLT does affect the academic performance of the pupils. * Is their any significance for the pupil's academic performance in availing the BLT Program especially in dealing with the basic subjects like English, Science and Math? SIGNIFICANCE OF THE STUDY

This section would provide brief description on some significance of the study given to those who will benefit on the proposed study. The researchers believe that the findings of this study would be beneficial to the educational system particularly to the : The Respondents. This would benefit them since they are the end users of any educational enhancement, thus improving their academic performance through the help of BLT Program. They would also be able to know and have ideas about the improvement of the academic performance in the fields of ENSCIMA as BLT beneficiaries. Researchers. The findings of the study would give insight to the researchers as to the importance of the utilization of the BLT Program on the improvement of the pupil's academic performance. As future teacher someday, we have to put into consideration the factors that can greatly affect the academic performance of a child.

Parents of the respondents. They would be able to help their child and the awareness in giving the right nutrition and food intake for the improvement academic performances. Teachers . This would serve as guidance and basis for them in determining the how to improve the academic performance of the pupils and that the students will be more active and their attention only focuses mostly in the class. Future Researchers. This would serve as baseline data and information for future researchers which are directly or indirectly related to this study . This would benefit other researchers who wish to have similar studies as they can get background information. Community. This would provide the people in the community development activities as venue for their learning and information. School Administrator. This would serve as baseline data to continuance support and to organize the said program in

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thier respective schools knowing the results of the academic performance of the students

RESEARCH METHODOLOGY

Research Design

This study made used of the experimental design method . This method of research sought to determine the extent of the academic performance of the pupils Method and Procedure used

The normative survey method are used in this study in gathering data the following instructions here used 1) Interactive schedule for the food intake survey

2) Socio-economic Survey

Research Environment. The research locale of the study focus mainly in Leonard Wood Elementary School located at Jagobiao , Mandaue City. The head of the school is manned by an energetic principle Mr. Joverlie D. Canoy and 19 teachers . There were 3 Grade II, 3 kinder in two rooms, 4 grade I , 2 Grade III, 2 Grade IV and one Grade V and VI. With a total of 18 rooms.

Research Respondents. There are twenty pupils availing BLT program and another 20 pupils who are not availing BLT. Research Instrument. The instrument used in this study was a modified questionnaire patterned after (Fernandez 2001). A pre- written series of question was used in gathering important information. The respondents were asked to indicate the responses by answering the provided questions. Research Procedure

Data Collection and Gathering Procedure

Preliminary Preparation

The researchers visited the Leonard Wood School and ask permission to the principal and teachers to conduct observation, survey to pupils. Definition of Terms

Academic. It is commonly measured by examinations or continuous assessment but there is no general agreement on how it is best tested or which aspects are most important — procedural knowledge such as skills or declarative knowledge such as facts. Performance. The accomplishment of a given task measured against preset known standards of accuracy, completeness, cost, and speed. In a contract, performance is deemed to be the fulfillment of an obligation, in a manner that releases the performer from all liabilities under the contract. Pupils. They are the center of educative process that plays an important role because learning is effective if it's done by their own and if they are read to learn. Avail. The Leonard wood schools are customizing or benefited the offered program (BLT) of Jollibee.

BLT.(busog lusog talino) a certain program introduces by the Jollibee company for the sustaining those pupils who are malnourished. Program. It is a certain planned and organized events that have different objectives like the BLT program. English subject . A certain subject offered in school to educate on the English language in general and in the understanding and is used in practical improving and enhancing the communication and analytical skills. Science. A systematic study of the nature and behavior of the material and the kind of environment that surrounds the pupils. Math. It is a subject

taken by the pupils in order for them to know how to count and to apply in their daily lives. * Nutritional Status

Nutritional status is a measurement of how well the nutrients in your diet are meeting the physiologic needs of your body. Health care professionals like registered dietitians, nurses and physicians are trained to review and assess many different parameters to assess a person's nutritional status. They do this through the use of medical tests and other tools that provide dietary information.

* Height-weight indicator

Healthy Weight – it's not a diet, it's a lifestyle! Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. * Socio-economic background

People in adult education come from a variety of backgrounds. The wealth of differences is an asset and reflects everyday life. However, differences in education and experiences can sometimes lead to envy, bitterness and irritation. For example, The standard of technical and electronic equipment is different from home to home since they are extremely expensive. What might seem ' normal' to you might not be the case for your students. *

Knowledge in nutrition

Even if a person knows what constitutes a healthy meal, he or she is likely to eat more calories when certain " visceral factors" are in effect, such as it

having been a long time since they last ate, being stressed or eating away from home. That's the conclusion of a report from the Economic Research Service of the United States Department of Agriculture. The theoretical model found that when people go longer between meals they tend to consume more solid fats, sugar and alcohol — and thus more calories — at the next meal. People with less nutrition knowledge make worse choices. People across the board eat more if they're hungry or stressed out, but people who know less about nutrition also tend to eat more in these situations than do people with more nutrition knowledge. Someone who scored a 50 on a diet and health knowledge survey would eat 28 percent more calories when eating away from home, while someone who scored 100 on the survey would only eat 12 percent more calories.

The report says that even people with “ dietary goals” will allow situational factors like being hungry or being away from home keep them from making healthier choices. This could go a long way toward explaining why it's so difficult to lose weight, given that most of us are under time pressures, do a lot of eating away from home and sometimes skip meals or go a long time between meals. This report would also be a great argument for people who want to see nutritional information posted on menu boards, because at least it would help those stressed and hungry people make slightly better choices without a lot of work on their part.

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