

ABSTRACT

The study aimed to assess the nutritional status and academic performance of 211 high school students at Marciano M. Patricio National High School, using a stratified sampling technique. The data was collected via a questionnaire divided into socio-demographic details and information on nutritional status and academic performance. Analysis showed that 54.50% of the respondents were female, with the majority of parents being high school graduates and most families having a monthly income of Php 1001-5000. Nutritional status results indicated that 71.10% were normal, 21.33% overweight, 4.74% wasted, 2.37% severely wasted, and 0.46% obese. Academic performance findings revealed that 48.34% had very satisfactory grades, 45.97% satisfactory, 3.32% outstanding, and 2.37% fairly satisfactory. The study concluded that there is no significant relationship between the nutritional status and academic performance of the students.

Keywords: Nutritional status, academic performance