



March 2015

Diet And Home Management Practices Of Mothers

Joan Z. Coraños

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Diet and Home Management Practices of Mothers

A Thesis Presented to the College of Graduate Studies and Teacher Education Research
Philippine Normal University
Taft Avenue, Manila

In Partial Fulfillment
of the Requirements, for the Degree
MASTER OF ARTS IN EDUCATION
With Specialization in Health Education

by

Joan Zapanta Coraños

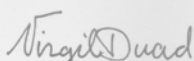
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National Center for Teacher Education

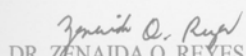
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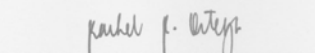
This thesis entitled "Diet and Home Management Practices of Mothers" prepared and submitted by **JOAN ZAPANTA CORAÑES** in partial fulfillment of the requirements for the degree of Master of Arts in Education with specialization in Health Education is hereby recommended for approval and acceptance.

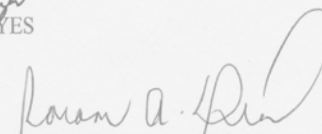

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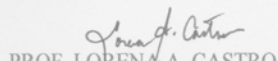

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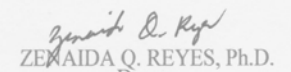

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- Most of all to the almighty God.

Thank you!

Joan Zapanta Coraños, RND

ABSTRACT

RESEARCHER	Joan Zapanta Coraños
TITLE	Diet and Home Management Practices of Mothers
KEY CONCEPT	Mothers Energy and Nutrient intake Domains of Home Management Work activities of reproductive and productive Mothers
DEGREE	Master of Arts in Education
SPECIALIZATION	Health Education
ADVISERS	Dr. Virgil Duad Dr. Salve A. Favila

The study examined the association between the dietary intake of mothers in terms of Energy, Carbohydrate, Protein, Fat, Thiamine (Vitamin B₁), Riboflavin (Vitamin B₂), and Niacin (Vitamin B₃) and their home management practices. It was a descriptive normative survey type of research conducted at the locale of Pritil in Tondo, Manila that involved 30 mothers, 15 reproductive (full time house mothers) and 15 productive (working in any non-government institution). Gathered data thru the use of questionnaire were tabulated and interpreted using frequency distribution, mean, and standard deviation. Differences in home management practices and domestic activities were tested using the F – test and the

correlation between home practices and the dietary intake was determined using Pearson correlation coefficient.

Results revealed that the extent of work performance of the non-working mothers is of no difference with the working ones and vice versa as evidenced by their frequent and always answers in each of the domains of planning, organizing, leading, and controlling.

The average one day dietary intake revealed that both groups of mothers met their energy requirement fairly (**Error! Reference source not found.**= 87.48 & **Error! Reference source not found.**= 89.74); a good intake of Thiamin (B₁) and Niacin (B₃) and a good intake (**Error! Reference source not found.**= 94.56) of carbohydrate by the working mothers. However, a poor intake of Riboflavin (B₂) was seen in both groups of mothers (**Error! Reference source not found.**= 65.96 & **Error! Reference source not found.**= 64.70). Furthermore, the home management practices of mothers under the domain of organizing are significantly correlated with the intake of nutrients niacin and protein.

Many possible reasons may have accounted for the nature of the mothers' dietary intake and these are: personal preference for food, individual behavior towards food, the nature of work, the buying capacity, nature of food (carbohydrate rich foods are cheaper) and the break hour at work which allows the mothers to finish their meal, food selection practices, food consumption, preparation and cooking.

The implication of the study is a call to increase the awareness of people especially the mothers on the importance of a positive behavior towards selection and consumption of food. The academe specifically the home economic education is a better avenue to enrich

the mind of the younger generation about the many facets of health and its impact to everyday living.

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CHAPTER ONE

THE PROBLEM AND ITS BACKGROUND

1.1. Introduction

The World Health Organization in the preamble to its constitution in 1946 defined health as “a state of complete physical, mental and social wellbeing and not merely the absence of a disease or infirmity” (WHO, 2003). However, the Ottawa conference which was held in Canada in 1986 brought about changes in the usual way as to how the people understood health. The then definition which was known to guide the people was changed into something which will resemble them and it is called health promotion. It is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being. The fundamental conditions and resources for health are: peace, shelter, education, food, income, a stable eco-system, sustainable resources, and social justice and equity (<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>).

Food is a substance vital in the achievement of proper nutrition which is in turn essential to health. When eaten in the right timing, amount and combination it will provide the body with enough amount of energy and the essential nutrients needed to be able to accomplish a day's task.

In the table of a common Filipino family it has been a way of life to allocate greater portion of a meal to the father or the husband who is the bread winner, followed by the children and the least of the share is all that is left for the mother (Logarta, 2012) who would utter that the husband needs energy for everyday work and not minding her own need which is almost as equal to the husband as evidenced by a thousand and one chores at home. To these women, the fathers cannot afford to get weak or sick because it will affect the income of the family and as for the children these women believed that food is needed to support growth and development.

In the Philippines the role of women as mothers is a classic. Both the employed and the unemployed performed their responsibilities at home. The routine of waking up early in the morning to prepare and cook the meals for the family; prepare the uniforms of the husband for work and the children for school; preparing pack lunch and snack for the husband and the kids to take with them; wake and ready the kids for school; bring or send the kids to school; clean the house; plan meals and activities for the family; market; do the laundry; wash the dishes; help the children in doing home works; lead the older children and other members of the household in doing house chores and do some other errands which concern the family and herself and many more are classified into the four domains of home management where the mother is the primary performer. These domains are planning, organizing, leading or directing and monitoring or controlling (Manimtim, 2008).

In home management the mother is an educator and a manager. She plans and performs home activities leading the household by example. In a recent study in Canada conducted by Archer, et al. (2013), the researchers emphasized that home management is one area where the woman as mother spend most of her energy. Like fathers, the mothers

are bombarded with energy-draining activities as evidenced by priorities and shifts in the day to day schedule of activities. These activities are varied and indispensable therefore wellness is important. According to Amadora-Nolasco (2008), there are women who believed that wellness is experienced only if they are not confronted with problems that affect children, family and environment.

The researcher conducted the study to know if the dietary intake of the working and non-working mothers affect their home management practices and see if there is a difference in the energy need of the working with that of the non-working mothers. The realization of the mother's home work performances as influenced by the dietary intake will determine the possibility of developing a strategy that will enhance the mother's awareness of the importance of food as source of energy for her daily activity.

1.2. Conceptual Framework

Figure 1 is a representation of how the study was conceptualized. The mothers both the working and non-working performing productive and reproductive roles receive varied nutrients from their daily dietary intake. These nutrients are believed to affect their home management practices. These practices are evident under four domains, namely; planning, organizing, leading and controlling or monitoring.

An individual's nutritional status reflects the degree to which physiologic needs for nutrients are being met. Nutrients are chemical substances needed by the body for the provision of energy, building and repair of body tissues, and regulation of life processes (Jamorabo-Ruiz, A; Tesuan-Lagua, R.; Serrano-Claudia, V., 2012). There must be a balance between intake and requirement of the nutrients in order to achieve optimum health.

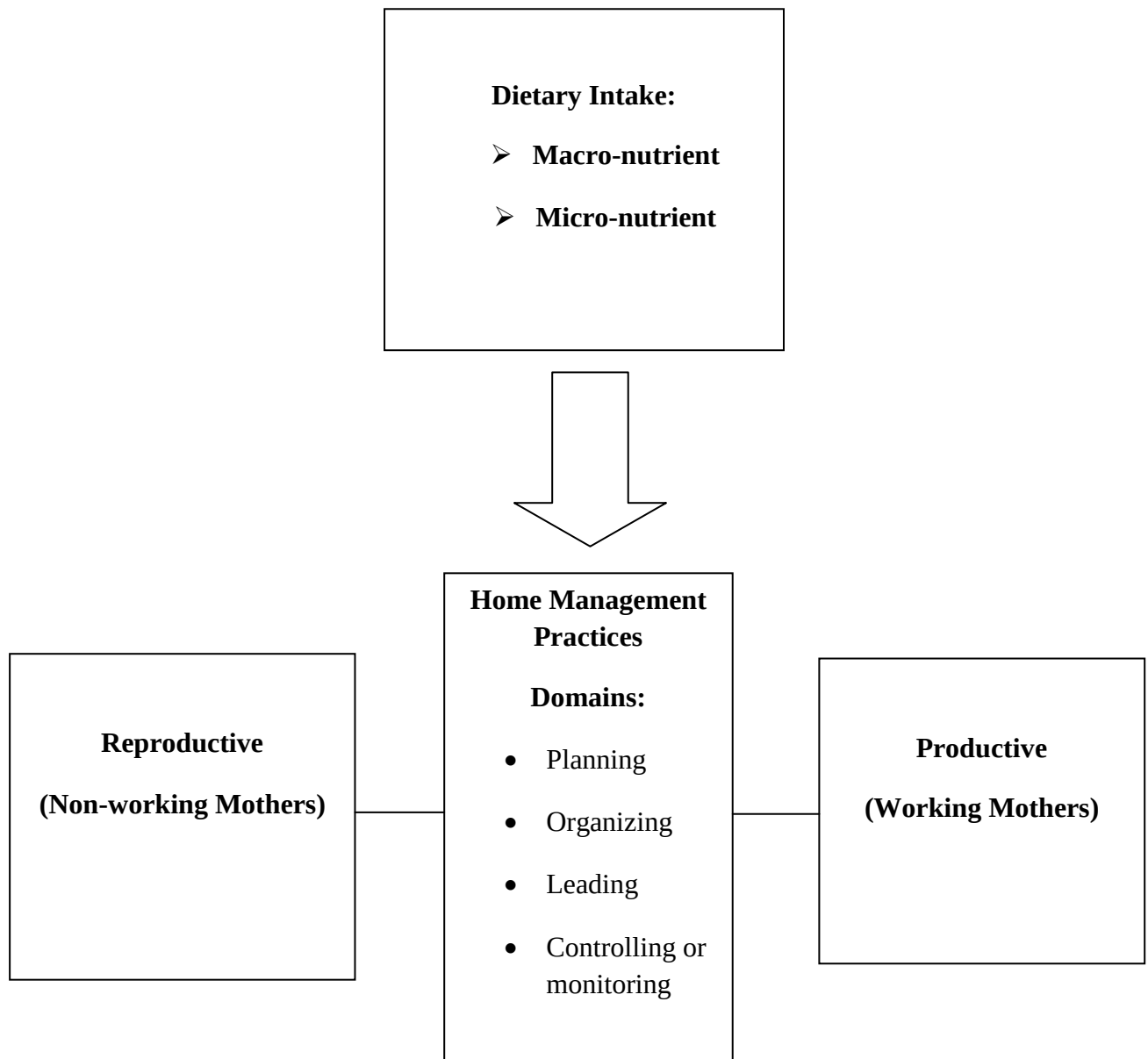


Figure 1. Research Paradigm

The nutrient intake depends on actual food consumption and known as dietary intake. It may be influenced by several factors such as economic situation, eating behavior, emotional climate, cultural influences, effects of various diseases, states of appetite and the ability to consume and absorb adequate nutrients. Nutrient requirement on the other hand is

influenced by factors including physiologic stressors such as infection, chronic or acute disease processes, fever, or trauma; normal anabolic states of growth, pregnancy, or rehabilitation; body maintenance and well-being; and psychological stress. When adequate nutrients are consumed to support the body's daily needs and any increased metabolic demands, the person develops an optimal nutritional status. This promotes growth and development, maintains general health, supports activities of daily living, and helps protect the body from disease and illness (Mahan, K. & Escott-Stump, S.,2004).

The first square of the framework contained the independent variables which are nutrients that the mothers get from their dietary intake. Macronutrients are present in relatively high amounts in the body constituting about 0.005% of body weight or above. Carbohydrate, fat and protein are the macronutrients which are the focus of the study. The first two nutrients are the body's major sources of energy while the latter despite of being caloric in nature performs an important function which is to build and repair body tissues. Being caloric is having the ability to provide energy for use by the body (Jamorabo, A. et al., 2012). The micro-nutrients considered in the study are Thiamin (B₁), Riboflavin (B₂), and Niacin (B₃). Unlike carbohydrate, fat and protein these micro-nutrients are none energy yielding its potency is essential in the regulation of life processes and one of which is the release of energy from carbohydrate, protein and fat enabling the body of its use (Rolfes, S.R.; Pinna, K.; Whitney, E., 2006). Excessive refining and polishing of cereals remove considerable proportions of B vitamins. Clinical manifestations of deficiency of some B vitamins - such as beri-beri (cardiac and dry), peripheral neuropathies, pellagra, and oral and genital lesions (related to riboflavin deficiency) - were once major public health problems in parts of the world. These manifestations have now declined, the decline being brought about

not through programs, which distribute synthetic vitamins but through changes in the patterns of food availability and consequent changes in dietary practices of the populations (<http://www.fao.org/docrep/004/Y2809E/y2809e09.htm>).

The succeeding squares pertained to the domains of home management namely planning, organizing, leading, and monitoring. In each domain are the varied tasks which are practices performed by the mothers and greatly influenced by the nature of their gendered role. The non-working mothers were the ones recognized as performing the reproductive role while the working mothers were the ones who perform both productive and reproductive roles. According to the International Labour Organization, South-East Asia and the Pacific Multidisciplinary Advisory Team or SEAPAT, gender roles are learned behaviors in a given society/community or other social group that condition which activities, tasks and responsibilities are perceived as male or female. It may vary across settings and also changes over time. The factors which shape and change these roles are age, class, race, ethnicity, religion and other ideologies, geographical environment, economic environment, and political environment. In gender planning the low-income women were the ones recognized to have triple role which is to undertake reproductive, productive, community managing activities, and other multiple roles.

<i>Reproductive role</i>	Childbearing/rearing responsibilities, and domestic tasks done by women, required to guarantee the maintenance and reproduction of the labor force. It includes not only biological reproduction but also the care and maintenance of the work force (male partner
--------------------------	--

and working children) and the future work force (infants and school-going children).

Productive role Work done by both men and women for pay in cash or kind. It includes both market production with an exchange-value, and subsistence/home production with actual use-value, and also potential exchange-value. For women in agricultural production, this includes work as independent farmers, peasant wives, and wage workers.

Community managing role Activities undertaken primarily by women at the community level, as an extension of their reproductive role, to ensure the provision and maintenance of scarce resources of collective consumption, such as water, health care, and education. This is voluntary unpaid work, undertaken in 'free' time.

Multiple roles Women unlike men usually play their roles simultaneously, balancing the demands of each within their limited time constraints.

(<http://www.ilo.org/public/english/region/asro/mdtmanila/training/unit1/groles.htm>)

Linda P. Perez in her article, the “Humanization of Social Life” in the year 2007 described the traditional and most important role of a married Filipino woman as a mother and/or pure housewife who stays at home most of the time and solely performed varied responsibilities.

The primary responsibility is to take care of the children — from feeding nutritious food, bathing, preparing the children for school to supervising as the children do homework.

The secondary duty is cleaning the house, putting things in order, doing the dishes, laundry, gardening, grocery and budget the family income to balance with expenditures, while setting aside some amount for future needs. This is a full-time job, but of course, first and foremost, the Filipino woman is a wife, and as such has to attend the husband's needs - preparing meals, setting the table, packing lunch, etc. All these and more make up the job description of the woman whose designation or appointment became official during the marriage ceremony when the priest said, " . . . Be a good housewife."

Home management is concerned with all aspects of family living. It involves the wise use of resources available to the family in attaining family goals (Flor, et al., 1998).

All four domains are physical and mental in nature needing ample amount of energy to cope with the need of accomplishing the everyday tasks. Archer, et al. (2013), regarded home management as an area where a mother consumes much of her energy. And studies have shown that there are evidences of nutrient inadequacy among mothers which are brought about by poor food selection and insufficiency of money to buy food (Huskisson, et al., 2007; Franchini, et al., 2013; Kirkpatrick & Tarasuk, 2008).

Planning

To plan is to think ahead of time the varied task to be accomplished in order to meet the set family goals or objective. A family goal maybe described as a summary of a day's possible wish list. Like a research paper goal, it must be smart and will bring about changes and or satisfaction to the family as a whole. A good example of a goal is to have a sumptuous meal for supper. The mother may start planning from identifying what are the resources available in the household, listing down the necessary materials needed, and defining who among the members of the family will accomplish the different tasks that entail preparation of the meal from marketing, to cooking and its service. Even the issue as to who will bust out after meal is a concern. Other complex goal which would require long time planning is buying an appliance or securing a permanent house or probably moving to

another place, and many more. In each of this agenda there is someone in the family who tends to spearhead if not perform the activities commonly these are the mothers.

Organizing

To organize is to put order to every resource in a well defined task. The mother as the organizer is the team leader who divides the activities among family members. This member of the family in turn will plan on how he or she will execute the assigned tasks. A good example of organizing is teaching a child the routine upon waking up in the morning. The mother would probably teach the child the art of simple time management like getting up early in bed, reciting a short thanksgiving prayer, fixing the bed, accomplishing early routine in the bathroom, changing clothes, partake of the breakfast and finishing off with routine like brushing teeth and having a glass of water. Preparing and organizing the needs of the husband developed a daily routine which the husbands tend to follow once at home or even before leaving for work.

Leading

To each of the activity, the mother sees to it that everything runs smoothly in the home, tasks are carried out, resources are being used wisely and reinforcement is given should the need arises. A good example of this is teaching the member of the family to accomplish a task, bonding is also teaching each member of life values.

Controlling

At home evaluation is an assessment of the work done by each member of the family qualitatively and quantitatively. The mother as the team leader checks if the goal is achieved. Should there be any difficulties, the mother with the rest of the family would find ways on how to resolve the problem and avoid such from occurring in the future.

Oftentimes it is the mother who reflects on her daily routine and sees if she is able to execute her plan of activities efficiently.

Housework is a woman's domain where the energy expenditure is quite high (Archer, et al. 2013), stress is inevitable and may pose a threat to one's health. Stress according to Jamorabo-Ruiz, et al. (2012), is a time of extreme pressure or a trying period. The mother may be stressed coping with the perceived daily home activities on time plus an additional load of working outside for an extra compensation to some. During time of stress or worry the body is unable to digest food thoroughly thereby having difficulty of absorbing and using the nutrients resulting in weakness and at times accompanied by nausea with a feeling of abdominal discomfort (Mahan & Stump, 2004) which may result to illness.

1.3. Statement of the Problem

Mothers are the brilliant ones once talked about families as the old folks would say these are the untiring individuals who can turn the clock upside down and make sure that everything is okay at the end of the day. In the hands of these women lie the orderliness of every home which is the house and its dwellers. In the passing of years economic conditions and innovations affected the lives of mothers. Priorities are changed and redirected. The researcher conducted the study and determined the dietary intake and work performances of working and non-working mothers at home.

The study sought to answer the following questions:

1. What is the extent of home management practices of working and non-working mothers in terms of:

1.1. Planning

- 1.2. Organizing
 - 1.3. Leading
 - 1.4. Controlling or monitoring
2. What is the percentage of adequacy of the macronutrient and micronutrient intake of the mothers in reference to the daily recommended intake?
 3. What is the relationship between the mothers' dietary intake and home practices?
 4. What are the work performances of mothers in the productive and reproductive sphere?

1.4. Significance of the study

1. For **the young adult female group** who are soon to be mothers. The study will provide each of the realization that wellness is not all about career and money. That a mother's joy is in cognizance of her ability to fulfill the aspiration of a mother and that is to take full charge of the welfare of the family and in doing so food is an important resource for energy. The study will initiate the drive for the young individuals to better appreciate food.
2. For **the working mothers**, the discussion on the impact of dietary intake will enhance their understanding of the existing dietary practices which will lead to the formulation of an appropriate eating habit.
3. For **future researchers**, findings of the study may serve as a backgrounder for a more explorative study that will address the dietary habits of working mothers in various context.
4. For **the academe**, the current situation of mothers as revealed in the study will serve as a guide in developing strategies to enhance the transfer of information that will

influence behavioral change towards the achievement of proper nutrition. It may be in the form of informal seminars with workshops that will allow interaction from the mothers to facilitate learning; conceptualization of simple reading materials that teaches the basics of nutrition, and the conduct of community-based livelihood programs that will enhance the ability of mothers to earn extra income while learning.

1.5. Scope and limitation of the study

This paper focused on the study of the Dietary intake of non-working and working mothers and their home practices. The respondents were residents within the vicinity of the Jose Rizal Elementary School at the locale of Pritil in Tayuman, Tondo, Manila and with at least one child enrolled in the said school for the current school year 2013-14. It is a purposive study involving 30 mothers. Fifteen are full time non-working (stay at home mothers who are not engaged in any income generating activities) and 15 are working (employed in non-government institutions whose work was either clerical or service). These mothers are within the ages of 25 and 40 years old and whose daily dietary intake is not influenced by any medical condition, weight reduction regimen, religion, culture and taboos or any special preferences for food.

The study was conducted in order to determine if the dietary intake of the mothers specifically Energy as the end product of Carbohydrate, Fat and a little of Protein metabolism along with the vitamins Thiamin (Vitamin B₁), Riboflavin (Vitamin B₂), and Niacin (Vitamin B₃) affect their home practices. However, the manner of its uptake by the digestive organ, the host cells in the body so with the mechanism of cellular metabolism

which concerns the release of energy was not explored. The body mass index was also conducted and the current nutritional status of the mother was determined.

A day food diary was used and determined the respondent's intake of energy and the nutrients. The sum of the one day energy and nutrient consumption was compared to standards in order to determine its percentage adequacy. Two standards were used in the computation of the percentage adequacy the first one that is intended for energy, carbohydrate, fat and protein was a recommendation which was computed by the researcher per respondent based on anthropometric data. The second and aided the researcher in assessing the percentage of the vitamin intake is through the use of the Recommended Energy and Nutrient Allowance (RENI), a standard designed by the Food and Nutrition Research Institute for Filipinos. The researcher is a licensed Nutritionist-Dietitian whose job description is to assess and recommend nutritionally adequate meals to clients. Findings were then correlated with the home practices of the mothers under the four domains of home management, namely; planning, organizing, leading, and controlling.

1.6. Definition of Terms

The following are the operational terminologies used by the researcher. It was defined in a manner of how it was used in the study.

Age. This pertains to the chronologic year in the life of the mother, between the ages 25 – 40 years old when the study was conducted.

Anthropometric data. This is the height and weight of individual mothers which was used by the researcher in computing for the one day standard recommendation for energy, carbohydrate, protein, and fat.

Aspiration. In this study, it means the desire of a mother to achieve something for the home and her family which gives her the sense of fulfillment and happiness.

Body Mass Index. Body Mass Index (BMI) is a simple index of weight -for-height that is commonly used to classify underweight, overweight, and obesity in adults (<http://apps.who.int/bmi/index>).

Energy. The force which allows mothers to accomplish a task of different intensity and is derived from the daily food consumption of the energy giving nutrients such as carbohydrate, fat and protein.

Food insecurity. The absence of enough food in a family's table.

Health. This refers to the wellbeing of a mother capable of accomplishing the expected task at home as influenced by the nutritional intake.

Home management. This is the act of planning, organizing, leading, and controlling for the family. It involves all of the members of the family where the mother is the primary performer.

Leading. This is the third domain of home management and it refers to the ability of the mother to mentor other members of the family leading by example as the mother performs the daily household chores like washing, cleaning, cooking, and so forth. This domain is physical in nature.

Malnutrition. An abnormal condition of the mother characterized by being overweight or underweight.

Metabolism. In this study, it simply means the breaking down of nutrients for use by the body.

Controlling. Also known as monitoring, is the fourth and last domain of home management where the mother assesses the work accomplished by each member of the family qualitatively and quantitatively.

Non-working mothers. These are the stay at home moms who do productive roles and are not engaged in any income generating activities.

Nutritional status. The state of a mother's nourishment reflected in her weight and height which in the study was assessed using the Body Mass Index.

Organizing. This is the second domain of home management where the mother puts order to every resource in the family. Resources may be monetary, members of the family, equipment, plan of action, and so forth.

Percentage adequacy. The value obtained out of comparing the actual energy and nutrient consumption of a mother with the standard or a recommendation. It is expressed in terms of percentage and interpreted as poor, fair, and good or adequate (please see table 7 page 49 for the interpretation).

Planning. This is the first domain of home management where the mother thinks ahead of time the varied tasks to be accomplished by the family in order to meet the set goals or objective and characterized as less physical in nature.

Well-being. This is the happy feeling of the mothers as they are able to perform the daily chores.

Work performances. These are the various Home Management activities performed by mothers on a day basis.

Working mothers. These are mothers whose work aside from the daily house routine is to perform reproductive role over a period of time. The job is classified as either service or clerical in any non-government institution.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

This chapter examines the various literatures produced by researchers, educators, clinicians, and advocates of social issues relative to women specially the mothers. The researcher finds it necessary to review the works of these individuals as these form a strong foundation in the researcher's own investigation.

2.1. The woman as a mother

The typical Filipino family is composed of a father and a mother commonly joined by the sacrament of matrimony and their children. Each has a different role to play, the father serves as the backbone by providing for the needs of the family for a living and the decision maker, as his counterpart, the wife who is the mother serves as the light that nurtures and nourishes the family with her caring hands. The children on the other hand serve as the recipient of the combined acts of the mother and the father. A cycle in which the parent themselves have gone thru in their childhood before becoming parents, sociologists call this gender identity an ascribed status with which individuals are given since birth that determines the way they are defined and treated by others for their entire lives (Tan, 2001).

It was written in an article posted in the Philippine Daily Inquirer sometime in September of 2011 that all over the world, the family is considered the bedrock of a nation. The nation should take some time to reflect on the family and seek to strengthen family unity and relationships by promoting Filipino family values (<http://opinion.inquirer.net>).

Every traditional family is a school of love and life and virtue (Mosher, 2011), the parents especially the mothers are regarded as the best people to educate the young.

According to Bryjale and Sorolosa there are three categorical portrayals of women common throughout the world (Tan, 2001). These are: by virtue of their physiology and its connection to the childbearing process. Women are naturally gentle and nurturing; by virtue of their hormonal cycles, women are subject to mood swings; by virtue of their smaller physical size women are considered to be weaker and frail.

It is child rearing which is the main thrust of motherly care and several studies conducted worldwide emphasized the importance of a mother in early child development (Wittmer, 2011; University of Miami, 2013; University of Miami, 2010; Hagele, 2005; Castro, 2012). Rudolph Steiner (Howard, 2006) was able to demonstrate support to these as he spoke for Waldorf Early Childhood Education enumerating several experiences which are essential for the healthy development of the young child which is typical of a home where the mother and the father dwell.

Discipline is one of the most difficult tasks that a mother has to accomplish for being the most influential person in the child's life and aggravated when the mother has started working or is already engaged to work because her career poses like a barrier between her work and her child (Harvard Education Letter, 1987).

According to Saraff (2005), the researchers of the industrialized and developing countries in recent years have focused on childcare due to the increased labor force participation of women with young child. Childcare has become more complex as the participation of female in work force rises and that the home and work need to be balanced.

2.2. The mother as a housekeeper and an arm support to the husband

In the article written by Main in fall of 2012 entitled, “Women on the Edge” as she reviewed the life of early Americans, she said that even when fully employed, men of the “working poor” did not earn enough to support their families. As a result, most poor families relied on the earnings of mothers and children to get by. Even then until today, more and more mothers are engaging in an opportunity to earn and augment family income. In the old days women in the rural areas are compelled to do farm activities to help their husbands. Women have long occupied a central place in agricultural production in developing countries and even up to now, ensuring food security for their households and their community (Chiong-Javier, 2009). In the urban setting, in order to cope, women have increasingly taken on informal activities, most commonly in small-scale trade and services, or under subcontract arrangements as home-workers (Bonnin, 2006) which in the Philippines is commonly known as “kasambahay”. According to estimates by the International Labour Organization (ILO), between 1994 and 2001, the informal economy comprised 73 % of women’s employment in the Philippines outside of agriculture (Bonnin, 2006). Any earnings they made were assumed to be supplemental to a man’s and in support of the household as a whole (Main, 2012). However, this new economic power is affecting the dynamics of family life. Settlements as to the division of house chores depended on an agreement that the partner who would contribute much in the financial security of the family is rid of doing heavy household chores (Taiwanese Review. April, 2008).

Conversely, the Filipino mother, even if contributing much to the income of the family still gets a bigger share of the responsibility at home. It is a culture and tradition to

have things that way, a social definition which defines a woman as an efficient performer at home than her male counterpart (Tan, 2001).

An unexpected sickness of children is also a problem that can be difficult to handle among working mothers. There often is a need to use and avail of unpaid leave and unexpected absences from work in which few employers would consider sudden leave requirements in women with young children. Sexual relationships can also be quite a strain in working mothers. Much of it can be attributed to lack of time and to fatigue, especially where both partners have long working hours. The nutritional requirements of the family may also be neglected in the quest to complete and meet all targets at home as well as at work (Poduval, J. & Poduval, M., 2009).

Regular employees serving at a long number of hours find it difficult to balance work with family life, lucky for those whose organizational structure implemented short working hours. In Japan and other Asian countries including the Philippines where qualified nannies are hard to find, the working mother implored the aid of a family member to take care of the children while she is at work. At times these women tend to cut short their working hour when being called for to attend some urgency at home. As a result the unfinished tasks were left for the colleagues to work on. Lucky for some women whose work is in demand and they are identified as the sole expert in the field that they need not fear the possibility of being dismissed from service (Steinberg, 2012).

Looking back, Capistrano (2003) said that woman power is such a huge, limitless pool of intellectual resource that every nation cannot afford to ignore. Empowering women at home, in the community, at work in every aspect of society would mean empowering the other half of the country's human resource.

In the year 2006, Penetrante conducted a study about the Personal Traits and Family Structures as correlates of beliefs about Filipino Women. The results revealed that most of the respondents were raised by both parents and almost all are aware of empowerment agenda particularly in economic, political and legal rights. However, a little lower percentage on awareness on capacity building was noted. Such could probably be due to the organization's structure itself that defines the position of every woman in the work force or the woman herself as she embodied several responsibilities and find it difficult focusing and performing both in her career and at home.

In other countries like Sweden and Germany closing gaps in chores is evident since these countries may be reinforcing traditional roles through policies that allow women time off for housekeeping and caring for children. An important aide for the mother is the availability of house-help. But most of the time it is a well-off husband who can hire a helper or a maid. The presence of an extended family member is also a relief for the overworked woman, but nothing beats a husband who equally shares with the responsibilities of a wife at home (Perez, 2007).

In the Philippines, the claimed economic growth over the past six years hardly made a dent in poverty incidence in the Philippines, as the percentage of Filipinos living below the poverty line remained practically the same (Olchondra, 2013; Tan, 2006). Poverty leads the mothers to work as an arm support to the husband which at times reverses the usual arrangement of authority between husband and wife at home (Garo-Santiago, et al., 2010). The restructuring of the family leads to double burden the woman (Tan, 2001) as she worked for a living and at the same time tasked of the most valued duty of being a mother.

These women are mostly educated and working in tandem with their husband to supply the basic need of a family. Luckily that the Constitution of the Republic of the Philippines protects the right of these women as stated in Article XIII Social Justice and Human Rights, Section 14 on Women.

All Mothers are Working Mothers, but those who have a career away from home have an extra challenge in juggling their career and their family life to balance work and family and this is never an easy task (<http://www.workingmothers.com/>). Since, women are still much more likely to assume primary responsibility for family work than men (Bond, et al., 2002).

In the United Kingdom, studies revealed that women spend three hours a week redoing chores they consider their partner has not done properly. These are: wiping worktops after washing up; plumping cushions on the sofa; straightening and flattening the duvet; cleaning the oven; failure to plump pillows on the bed; straightening bottom bed sheet; putting things into drawers tidily; returning things to their rightful home; spacing out wet clothes whilst hanging drying; putting away wet dishes after washing up; vacuuming- they do only the middle of the room and not the edges; washing up- they ignore dirty mugs; separating darks from the lights when washing clothes; pairing socks after they have dried; wearing shoes in the house after vacuuming; leaving dirty washing on the floor next to the washing machine; does not shake clothes out when hanging them up; folding clothes before putting them away; decorating the bed with cushions when making it and lastly, loading the dishwasher (Arthurs, 2012).

The woman in the many households of the Philippines takes care of the family finances and budget. Republic Act number 386 of the Civil Code of the Philippines Article 115 states that: The wife manages the affairs of the household (<http://www.wipo.int>). To the mothers it is important to have a budget, especially with children in the family, as spending can get out of hand with all the little extras that crop up daily with food, clothing, entertainment and so forth.(<http://www.workingmothers.com>).

2.4. Food, Energy, and the Nutrients

The amount of energy a food provides depends on how much carbohydrate, fat and protein it contains. When completely broken down in the body, a gram of carbohydrate yields about 4 kcalories of energy; a gram of protein 4 kcalories and a gram of fat yields 9 kcalories. The body uses these nutrients to fuel all its activities. When the body uses carbohydrate, fat, or protein the bonds between nutrient's atoms break. As the bonds break, they release energy. Some is released as heat, but some is used to send electrical impulses through the brain and nerves, to synthesize body compounds, and to move muscles. Thus energy from food supports every activity. Most foods contain all three energy yielding nutrients as well as water vitamins, minerals and other substances. If the body does not use these nutrients to fuel its current activities, it rearranges them into storage compounds such as body fat to be used between meals and overnight when fresh energy supplies run low. If more energy is consumed than expended the result is an increase in energy stores and weight gain. Similarly, if less energy is consumed than expended, the result is a decrease in energy stores and weight loss. Several factors are necessary in assessing the current nutritional status of an individual including dietary intake. Likewise, the same factors are needed to determine the estimated energy and nutrient requirement of an individual for one day. These

are height, weight, age, physical structure, physical activity, health condition (Whitney, E. & Rolfes, S.R., 2005) and at times a person's condition of mind. A recommendation for one is different with the other considering variations in factors that are present (please see Appendix P to see activities with corresponding energy expenditure).

Table 1 below represents the standard distribution of carbohydrate, protein, and fat in a man's diet.

Table #1

Reference standard of a day intake of Total Energy, Carbohydrate, Protein and Fat

Nutrient	Percentage
Carbohydrate	55 – 70 %
Protein	10 - 15 %
Fat	20 - 30 %
Total	100 %

RENI 2002 in Dellova C.V. et al., 2006

Vitamins are also organic, but they do not provide energy. Instead, they facilitate the release of energy from carbohydrate, fat, and protein and participate in numerous other activities throughout the body. The B-vitamins thiamin, riboflavin, niacin, pantothenic acid, and biotin form part of the coenzymes that assist certain enzymes in the release of energy from carbohydrate, fat, and protein while the other play other indispensable roles in metabolism.

Thiamin is a part of the enzyme TPP (thiamin pyrophosphate) which assists in energy metabolism. People who fail to eat enough food to meet energy needs risk thiamin deficiency and prolonged deficiency would result to a condition known as beriberi. The symptoms of

beriberi include damage to the nervous system as well as to the heart and other muscles.

Thiamin deficiency is common in low-income populations whose diets are high in carbohydrate and low in thiamin (e.g., milled or polished rice). However, no adverse effects have been associated with excesses of its intake

(<http://lpi.oregonstate.edu/infocenter/vitamins/thiamin/>). Rich food sources are brewers yeast, unrefined or enriched cereal grains, organ meats, lean pork, legumes like *munggo* and *kadyos* and nuts (Jamorabo Ruiz, et al., 2012).

Like thiamin, riboflavin serves as a coenzyme in many reactions, most notably in the release of energy from nutrients in all body cells. Its deficiency (ariboflavinosis) most often accompanies other nutrient deficiencies. Lack of the vitamin causes inflammation of the membranes of the mouth, skin, eyes and GI tract. Excesses appear to cause no harm. Good sources are milk, grains, and green leafy vegetables (<http://lpi.oregonstate.edu/infocenter/vitamins/riboflavin/>).

The name niacin describes two chemical structures: nicotinic acid and nicotinamide. The body can easily convert nicotinic acid to nicotinamide which is the major form of niacin in the blood. The two coenzymes participate in numerous metabolic reactions. They are central in energy-transfer reactions, especially the metabolism of glucose, fat, and alcohol. Niacin is unique among the B vitamins in that the body can make it from the amino acid tryptophan. Its deficiency is called pellagra which is characterized by diarrhea, dermatitis, dementia and death. Excessive intake of niacin which is naturally occurring from food causes no harm in the body but large doses of three to four times the recommendation from supplements or drugs produce a variety of adverse effects, most notable “niacin flush”. It dilates the capillaries and causes a tingling sensation that can be painful (Whitney, E. &

Rolfes, S.R., 2005). Niacin is found in most animal and plant foods but often in a form that is unavailable. Good food sources are meat, fish, poultry, liver, nuts, and enriched cereals (Jamorabo Ruiz, et al., 2012).

According to the FAO (Food and Agriculture Organization) of the United Nations, excessive refining and polishing of cereals which are the staple for many populations of the world remove considerable proportions of B vitamins contained in these cereals. The clinical manifestations of deficiency of some B vitamins became major public health problems in parts of the world. Efforts have been done and decreased its manifestations. The decline was brought about by changes in the patterns of food availability and consequent changes in dietary practices of the populations.

Although these clinical manifestations of B-vitamin deficiencies have decreased, there is evidence of widespread sub-clinical deficiency of these vitamins. These sub-clinical deficiencies, although less dramatic in their manifestations, exert deleterious metabolic effects. Despite the progress in reduction of large-scale deficiency in the world, there are periodic reports of outbreaks of B-complex deficiencies, which are linked to deficits of B vitamins in populations under various distress conditions (<http://www.fao.org>).

A registered dietitian (RD) has the educational background necessary to deliver reliable nutrition advice and care (Whitney, E. & Rolfes, S.R., 2005). Standard tools aid the dietitians in assessing one's nutritional status and likewise develop recommendations for the nutritionally at risk. In the Philippines these are the Food Composition Table (FCT software, Food Exchange Lists, 2008); and the Recommended Energy and Nutrient Intake for Filipinos by the Food and Nutrition Research Institute of the Philippines-Department of Science and Technology. Standard formulas and tables in the determination of desirable

body weight and energy requirements were provided by several authorities in the field of nutrition and dietetics. Some of which are the NDAP (Nutritionist Dietitians Association of the Philippines) formula in determining appropriate body weight and Krause's classification of physical activity level in determining the energy and nutrient need of a mother for one day.

2.5. The mother's activities, priorities, and food intake

According to Affenito and Kerstetter (1999) women's health encompasses emotional, social, cultural, spiritual, and physical well-being. It is determined by the social, political, and economic context of women's lives. A woman's health is shaped by her environment and nutrition is a critical component of risk reduction and treatment which must be included in clinical and preventive services for women. In addition to this there is a strong argument that the unique genetics and metabolism of women dictate sex-specific nutritional needs (Blackburn, George L, M.D., PhD., 1996; Logarta, 2012). Affenito and Kerstetter (1999) further suggested that dietetics professionals must work to increase knowledge about women's health issues, to promote health and education programs, to influence policy makers, to deliver the highest-quality medical nutrition therapy, and to be proactive in documenting the effectiveness of outcomes-based research.

In the study conducted by Huskisson, et al., (2007), they identified an important group at risk of inadequate micronutrient intake: young adults, often women, with a demanding lifestyle who are physically active and whose dietary behaviour is characterized by poor choices and/or regular dieting. In the following year, 2008, Kirkpatrick and Tarasuk conducted a study and revealed the effect of food household insecurity which constrains food selection. Poorer dietary intakes were observed among adolescents and

adults. Higher estimated prevalence of nutrient inadequacy were apparent with the differences most marked for protein, vitamin A, thiamin, riboflavin, vitamin B-6, folate, vitamin B-12, magnesium, phosphorus, and zinc.

A national cross-sectional survey was performed in Portugal by Franchini, et al., (2013) as part of the Pro Children study. The data from self-administrated precoded 24-hour recall and food frequency questionnaires which was answered by 1,853 mothers of 11- to 13-year-old children revealed that the mean fruit and vegetable intake of mothers was 221.2 and 170.0 g/day, respectively. Only 46% of the mothers met the WHO recommendations of ≥ 400 g fruit and vegetables/day. The daily fruit intake was significantly higher among those who live with a spouse/partner belonging to a higher social class. For vegetables, daily intake was significantly higher among mothers of higher education and social class.

This signifies that the low intake of fruits and vegetables would also mean less consumption of the nutrients vitamins and minerals as these foods are natural sources of the said nutrients.

In the study conducted among low income lone mothers of Canada, data revealed that the insufficiency in the nutritional intake of the mothers were attributed to the mothers' attribute of compromising their own dietary intake for the sake of their children. However, the average reduction of 133 kcalories which was noted was not sufficient enough to cause weight reduction as such loss may be balance with variations in the mother's activity (McIntyre, et al., 2003).

Archer, et al. (2013), regarded home management as an area where a mother consumes much of her energy. The researchers conducted the study which involved mothers from the age of 19 to 65 years old. Using national time-use data, the researchers

quantified time allocation and household management energy expenditure (HMEE) of the mothers from 1965 to 2010. Home management (HM) was defined as the sum of time spent in food preparation, post-meal cleaning activities (e.g., dish-washing), clothing maintenance (e.g., laundry), and general housework. HMEE was calculated using body weights from national surveys and metabolic equivalents. The study revealed that the time allocated to HM by women (19-64 yrs) decreased from 25.7 hr/week in 1965 to 13.3 hr/week in 2010 and HMEE for non-employed women decreased 42% from 6004 kilocalories per week in 1965 to 3486 kcal/week in 2010, a decrement of 2518 kcal/week; 360 kcal/day, whereas employed women demonstrated a 30% decrement of 923 kcal/week, 132 kcal/day. The time women spent in screen-based media use increased from 8.3 hr/week in 1965 to 16.5 hr/week in 2010, with non-employed women increasing 9.6 hr/week and employed women 7.5 hr/week.

The significant decrease in the time allocated to HM by women allocated 25% more time to screen-based media. The reallocation of time from active pursuits (i.e., housework) to sedentary pastimes (e.g., watching TV) suggests that the decrement in HMEE may have contributed to the increased prevalence of obesity in women during the last five decades.

The above discussion is a realization of the vast role of mothers in the family which ranges from caring for the children, to maintaining orderliness in the house, to the point of working for an extra amount of money to help the husband. Working for an extra income or not, it is a must not to undermine that these individuals have their specific needs and probably the most important of all and followed by time is energy. Time plays an important role too as this clearly shows the length of interaction the mother devotes to the family and in accomplishing her home activities. But changes in the economic condition of the family

and the personal aspirations of the mother brought about changes in her daily routine of the mother affecting work priorities including food intake. The energy of the mothers comes from the food that they eat on a daily basis. Quality time is time spent whether lengthy or not yet the one rendering it is still capable of accomplishing tasks qualitatively.

According to Nalini, (2009) motherhood, for all its well-documented joys, has become a flash point for envy, resentment, and guilt. Everybody struggles, and everybody envies what the other has. The working mom wishes she had more free time to be available to her child, and maybe have coffee after drop-off. And the non-working woman would maybe like to have something that is a reflection of her as an individual -- a label that says she is a capable, creative person who knows about more than just baby formula or after-school programs.

Synthesis

Several works were done to increase knowledge about women's health issues just as what Affenito and Kerstetter suggested on their paper way back 1999. Studies were done in an attempt to assess the impact of several concerns of women to issues which in oftentimes deal with the children, the family, and society. Capistrano (2003) and Penetrante (2006) conducted studies about the woman's role in the society while Perez's writing vividly discussed the role of women as mothers. In the year 2008 Gracia Manimtim conducted a study and investigated the home management practices of mothers and its effect on the academic achievement of second year students of TLE of Imus institute where she proved herself right. The results revealed that the management practices of mothers affect the achievement of students.

Home management is one big area where mothers are believed to have been consuming much of their energy (Archer, et al., 2013). The current study likewise intended to determine and assess the adequacy of the mothers' dietary intake and prove its association with their work performance at home. Like Blackburn (1996) and Logarta (2012), the researcher also agreed that women have unique nutritional needs. Studies done by Huskisson (2007), Kirkpatrick and Tarasuk (2008), Franchini (2013), and Mc Intryre (2003) proved that mothers are at risk of developing some forms of nutrient inadequacy due to food insecurity secondary to poor food choices, poor food consumption of the low social group as evidenced by the mothers' inability to buy fruits and vegetables which is commonly afforded by the mothers of the upper class, and poor food allocation where the mothers tend to sacrifice their share to feed the husband who is the bread winner of the family and the children as they need food for growth and development.

What differentiates the current study with the previous ones is its attempt to establish association of the dietary intake of mothers with their home management practices, the locale, the number of respondents, and the statistical analysis used to treat the data.

CHAPTER THREE

METHODS AND PROCEDURES

This chapter presents the research design, the locale, the participants, instrumentation, and the statistical treatments used in the study.

3.1. Research design

This is a descriptive normative survey type of research. Several advantages were mentioned in the use of this method as indicated in the book of Sevilla, et al. in 2004. Some of which are its logical use in studies which aim towards information dissemination or in creating good public relations and the other is it lends itself appropriately to investigations which provide normative standards based on what is prevalent. It demands the use of a statistical procedure to assure that the level of confidence of result is trustworthy. This is a purposive study where the researcher focused on two types of mothers, the full time non-working and working ones whose nature of work is limited to clerical and service.

3.2. Research locale

The study was conducted within the vicinity of the Jose Rizal Elementary School located in Pritil at Tayuman, Tondo, Manila. It is quite a busy place with plenty of people young and old alike. Establishments like Puregold supermarket, the cathedral church, and market are situated at a nearby place. Mini restaurant, bakeshop, and eateries are located beside the main road. Looking inside the streets, one will be able to see quite a number of small stores which sell small items including viands or *lutong ulam*. Most of the residents buy food or *lutong ulam* in an attempt to save gas and time in cooking. The common dishes offered are adobo, fried egg, fried fish, ginisang gulay, pancit, lumpiang gulay, sinigang na baboy, nilagang baka, and rice.

The selection of participants was done in the same school since one of the limitations of the study is to focus on mothers who have at least one child enrolled in an elementary school. The researcher armed with an approved letter of request personally visited the Jose Rizal Elementary School and asked for the permission of the guidance teacher to access the file of the students in search for the qualified mothers to participate in the study and likewise asked some important information about the school and its students. Below is the vicinity map and picture of the school located at Pritil in Tayuman, Tondo, Manila.



Source:

https://www.google.com.ph/search?q=jose+rizal+elementary+school+tayuman+map&biw=800&bih=463&source=lnms&tbn=isch&sa=X&ei=S7ATVdmyOYOYuQSUv4H4CQ&ved=0CAYQ_AUoAQ#imgdi

Figure 2. The Vicinity Map and Picture of the Jose Rizal Elementary School

The school houses 146 teachers and about 4,900 students consisting of 40 to 50 students per section. Grade I has 15 sections; Grade II with 16 sections; Grade III with 15 sections; Grade IV with 13 sections; Grade V with 15 sections; Grade VI with 15 sections; Kinder with 21 sections, and Special Education with 21 sections.

A greater percentage of the students are sponsored by a government program called 4Ps. The Pantawid Pamilyang Pilipino Program (4Ps) is a human development program of the national government that invests in the health and education of poor households, particularly of children aged 0-18 years old. **Pantawid Pamilya** has dual objectives:

- **Social Assistance** - to provide cash assistance to the poor to alleviate their immediate need (short term poverty alleviation); and
- **Social Development** - to break the intergenerational poverty cycle through investments in human capital.

The Pantawid Pamilya operates in 79 provinces covering 1484 municipalities and 143 cities in all 17 regions nationwide. The program has 3,996,967 registered households as of 26 February 2014 (<http://pantawid.dswd.gov.ph>).

The parents of these students are commonly non-working and incapable of sending their children to school. Very few of the student population belonged to a family of working parents where approximately 30 % of which are employed as vendors, drivers, carpenter, factory worker, service staff from different institutions, and some are overseas workers. Between the father and the mother it is the father who is commonly working for the family where majority of the mothers stayed at home and attended the needs of the children and the husband. According to the Guidance Counselor as shown by the school records, very few

mothers engage themselves to work which is commonly as vendor and very little is known if they are employed as hired personnel.

3.3. Participants of the study

The study utilized a sample of 30 respondents consisting of 15 working mothers privately employed whose job description is limited to clerical or service and 15 full time non-working mothers. These mothers were purposively drawn by the researcher with the aid of the guidance teacher from the list of students of the Jose Rizal Elementary School whose mothers qualified the set criteria for the study. These criteria include that the mothers must be between the ages of 25 to 40 years old, living with their nuclear family, of no medical condition requiring modification in the daily food intake, living within the vicinity of Tayuman in Tondo, Manila, whose religious affiliation does not require restrictions in the daily food intake and lastly, the mothers must have at least one child enrolled in the school.

Table 2 shows the profile of the mothers both non-working and working.

Table 2
Profile of the respondents

Variable	Non-working					Working				
	N	Min	Max	Mean	SD	N	Min	Max	Mean	SD
Age	15	25.00	40.00	34.47	4.390	15	25.00	40.00	34.53	5.125
Height (meter)	15	1.52	1.68	1.59	0.054	15	1.50	2.03	1.62	0.126
Weight (kg)	15	48.00	73.00	57.48	8.591	15	45.00	80.00	57.92	10.259
Children	15	1.00	4.00	2.60	0.910	15	1.00	4.00	2.40	0.986

Table 2 represents two groups of mothers, the non-working and working mothers, who served as the participants of the study. The mean age of the non-working mothers is 34.47 years old, height is 1.59 meters, weight of 57.48 kg, and a mean number of children of 2.60 which may emphasize that at the time of the study most of the mothers have about 3 children. On the other hand the mean age of the working mothers is 34.53 years old, height is 1.62 meters, weight of 57.92 kg, and a mean number of children of 2.40 which may emphasize that at the time of the study most of the mothers have about 2 children. Table 3 represents the profile of the mothers in terms of monthly family income in thousands of pesos.

Table 3
Income of respondents
(in thousands of pesos)

Range	Non-working		Working	
	f	%	f	%
25,000.00 - 30,000.00	1	6.7	1	6.7
15,000.00 - 20,000.00			4	26.7
10,000.00 - 15,000.00	1	6.7	3	20.0
5,000.00 - 10,000.00	5	33.3	7	46.7
Less than 5,000.00	8	53.3		

Most participants of the non-working group have a monthly family income of less than 5, 000.00 pesos (53.3%) followed by those whose family monthly earning is between

5, 000.00-10,000.00 (33.3%), and one each (6.7%) for families with a monthly earning between 10,000.00-15, 000.00 and 25, 000.00-30, 000.00 pesos, respectively.

As for the working mothers 46.7 % are earning between 5, 000.00-10,000.00 pesos per month followed by those with monthly family earning between 15, 000.00-20, 000.00 pesos a month, 20.0% earn between 10, 000.00-15, 000.00 pesos a month, and 6.7% earn between 25, 000.00-30, 000.00 pesos a month.

Table 4 represents the nutritional status of the mothers using the Body Mass Index.

Table 4
Nutritional status of mothers based on Body Mass Index (BMI)

	<u>Non-working</u>		<u>Working</u>	
	f	%	f	%
Underweight				
Severe thinness			1	6.7
Mild thinness			4	26.7
Normal range	12	80.0	8	53.3
Overweight				
Pre-obese	3	20.0		
Obese				
Obese class I			2	13.3

Majority of the non-working mothers (80%) are of normal body mass index. The nutritional status is good as the weight conforms with the height. However, data revealed that 20% of these mothers are already heavy as far as their height is concerned (please see Appendix N). Being overweight exposes an individual to a greater risk of developing debilitating diseases like diabetes and cardio-vascular diseases later in life.

On the otherhand, 53.3% of the working mothers were found to have a good nutritional status as the weight of these mothers fall within the normal range. Conversely,

quite a number of these mothers were categorized as underweight. Being underweight is precedent to several factors like genetics and food insecurity due to poor purchasing power, poor food absorption due to illness and a reduced food intake and poor food selection. Unlike the non-working mothers 13.3% of the working mothers are already obese.

3.4. Research instrument

The researcher used a questionnaire in the course of the survey (Please see Appendix F for the full presentation of the questionnaire). The material has four parts, the first determined the profile of the mothers starting from age to the monthly family income. The second part contained questions about the home practices of a typical mother pointing to the four domains of home management. These were identified and answered in frequency of performance by the mothers. The third part consisted of a series of work activities a mother does on a daily basis. The fourth part consisted of a one day food diary where the mothers indicated their personal food intake starting from breakfast to the last food they ate before retiring to bed.

3.4.1. Profile of the mother

This is the first part of the questionnaire which determined the profile of the mothers in terms of age, height in meters, weight in kilograms, number of child enrolled in a government school, nature of work, and monthly family income.

3.4.2. Home Management Practices of Mothers

This is the second part of the questionnaire. It focuses on the varied work performance typical for a mother at home. These are the four domains namely planning, organizing, leading and controlling or monitoring. Statements described each domain in the form of tasks. The mothers were required to answer by ticking only one that best described

their practice at home. Choices refer to the frequency of the mother's performance in accomplishing each of the stated tasks and these are Always, Frequent, Sometimes, and Never.

The original questionnaire was used by Miss Gracia L. Manimtim in 2008 (please see Appendix C). Her study aimed at correlating the Home Management Practices of Mothers (Working and Non-working) with the Academic Achievement in Technology and Livelihood Education of Second Year Students of Imus Institute SY 2007-2008. Miss Manimtim in her study further recommended the conduct of a similar study that will correlate the home management practices of mothers in other areas of interest. The researcher sought permission from Ms Manimtim to allow the use of her material and further do some revisions to make the questionnaire suitable to the study. A letter of request was sent through email and likewise a letter was sent through LBC. The questions were revised to suit the need of the study.

Questionnaire: Part II. Home Management Practices of Mothers

Planning

1. Writes down the daily goals and objectives to be met at home by the family
2. Modifies changes, other acceptable strategies in performing the task at home
3. Plans menu for each meal
4. Sets time for other household chores
5. Plans for other family activities

Organizing

1. Provides each member of the family the necessary items/materials in performing the assigned task at home

2. Leaves some money at home thru the other member of the family to be used when necessary
3. Assesses the capabilities of the children
4. Designates specific place in the house where family members can work
5. Lists down and markets the basic ingredients needed for cooking family meals
6. Performs other household chores/tasks (washing, cooking, cleaning, etc.)
7. Prioritizes and accomplishes other activities like paying bills, medical, dental check-up, etc.
8. Makes a schedule of daily activities at home
9. Performs effectively in organizing family needs
10. Acquires the necessary resources to achieve the daily plan
11. Sets rules to be followed at home
12. Budgets the family income
13. Reassigns duties at the family members
14. Provides additional work to capable members of the family
15. Lessens the load to some incapable members of the family
16. Gives each member of the family an additional help when needed

Leading

1. Demonstrates the proper way of doing work at home
2. Explains to the family members in understandable terms the reason/s for such action
3. Assists the family member in performing the proper way of doing work
4. Motivates children while working

5. Explains the goals to family members
6. Assigns the task or responsibilities to each member of the family (including the father)
7. Delegates specific task among children
8. Gives pointers for improvement in performing task at home

Controlling

1. Determines the level of performance of each member of the family
2. Sees to it that the daily goals are achieved
3. Monitors the progress of work being done at home
4. Ensures that the house rules are followed
5. Determines whether the tasks are done within the time frame
6. Gives each member of the family enough time to accomplish the assigned task at home
7. Allows the child to perform assigned task alone
8. Acknowledges the results of the performed task
9. Observes how each family member accomplishes the task to be done
10. Provides incentives among family member for a job well done every once in a while
11. Gives praise to any member of the family who is able to accomplish a task

3.4.3. Home Activities of Mothers

The third part of the questionnaire is a compilation or a list of the typical activities being done by mothers at home. Three mothers who are not participants of the study consisting of working and non-working were interviewed by the researcher. It was a casual

conversation where mothers were asked of the usual routine they accomplish at home from waking up in the morning before retiring to bed. Answers were then consolidated in order to come up with a list which served as indicators for the participants to reflect on and answer.

Questionnaire: Part III. Home Activities of Mothers

Home Activities

1. Wake up early and get ready for the day's work.
2. Cook meals for the family (breakfast, lunch and supper)
3. Prepare pack meals for the kids (and husband)
4. Wake up the kids and fix bed
5. Set the table for the family
6. Clean the table after meal
7. Wash the dishes
8. Bathe younger children and help ready for school
9. Help the older children fix their things for school
10. Send the children to school
11. Market, buy grocery items and some household stuff
12. Put newly bought items into their proper places
13. Water the plants
14. Bathe and feed the pets
15. Clean the stove and other cooking materials
16. Clean the toilet
17. Clean/dust countertops
18. Sweep the house floor, yard and empty trash

19. Mop the floor
20. Fetch the kids from school
21. Help the kids with their homework
22. Delegate and teach simple house work to every member of the family
23. Sort dirty clothes
24. Wash the clothes
25. Hang washed clothes
26. Press dry clothes
27. Fold and put clothes that do not need to be pressed into their proper places
28. Spend some bonding moments with the family
29. Get the children to bed
30. Spend private time with the husband

3.4.4. One day food diary

The fourth part of the questionnaire is the one day food diary. It is a listing of a day's food intake by the mother starting from breakfast, lunch and supper including the in-between meals expressed in house measure such as piece, cup, matchbox size, tablespoon, teaspoon and slices. These food measures were converted to weights and volume to facilitate the computation of energy, carbohydrate, protein, fat, thiamin, riboflavin, and niacin content using the Food Composition Table. The Food Composition Table or FCT is a standard tool in the determination of the energy and nutrient content per specific food item. It has the listings of varied nutrients expressed in specific units and computed per 100 gm edible portion of a particular food item.

3.5. Validation of Instrument

The instrument was validated using the checklist shown below. The format and design, languages and style, and content were evaluated. Format and design included the printing, quality of the paper, layout, fonts and spaces. The language and style were assessed based on appropriateness and consistency of the language used. The grammatical and sentence construction were also evaluated. The content was examined based on factuality and objectivity. The questionnaire was validated by three known persons in their field of specialization; A High School teacher, a practicing Nutritionist-Dietitian in a reputable hospital who is also a professor at the Fatima College, and the director of the extension services of a known State University who is also a dietitian and an active member of the Nutritionist-Dietitians Association of the Philippines.

EVALUATOR'S CHECKLIST

I. Format and design

1. The printing is clear and readable
2. The quality of the paper is acceptable
3. The layout is attractive and uniform
4. The fonts used are comprehensible and appropriate
5. The spacing on the pages contributes to the ease of reading and responding

II. Language and style

1. The language and style is appropriate
2. The language used is consistent
3. The checklist is free from grammatical errors
4. The sentences are properly constructed and punctuated

5. The words used in the checklist are simple and easy to understand

III. Content

1. The items are factual and objective
2. The items are free from ideological, sexual, and racial bias
3. The items reflect a typical mother's daily life situations
4. The items are independent and do not overlap
5. The items are realistic and clearly describe the tasks which a typical mother performs at home on a daily basis.

Table 5 is a representation of the result of the instrument evaluation

Table 5

***Experts' validation of the questionnaire on
Diet and Work performance of non-working and working mothers at home***

Domain	Mean	SD	Remark ^a
I. Format and Design	3.40	0.910	Highly Satisfactory
II. Language and Style	3.33	0.488	Highly Satisfactory
III. Content	3.13	0.382	Highly Satisfactory
Overall	3.29	0.626	Highly Satisfactory

a. Based on Mean

The instrument was rated highly satisfactory by the evaluators with an overall mean of 3.29. As per domain, format and design was noted with the highest mean score of 3.40, followed by language and style with a mean of 3.33, and a mean of 3.13 for content. Each of the three domains gained an equivalent remark of highly satisfactory.

3.6. Administration of the Instrument

Two people who were personally trained by the researcher helped in the conduct of the survey. On the first day of visit, the researcher and her trained aide explained the

purpose of the study to each participant and personally asked the questions indicated in the first three parts of the material. This was done in order to avoid misunderstanding of the questions, explained thoroughly the details before the participant mother gave her answer. Moreover, the researcher and or her aide recorded clearly the answers of the participants. Having completed the first three parts, the researcher and or her aide gave the participant a full realization on how to answer the fourth part. The participant mother was introduced to the different tools to use in measuring food intake which was indicated in the latter part of the questionnaire (see appendix F) then a full instruction on how to fill up the one day food diary for a day of food intake was accomplished. An example of listing was also provided so as to guide the mothers. For the fourth part, the mother accomplished it on her own the next day after the first visit.

On the third day the researcher/aide returned to the house of each of the participants and reviewed the recorded diet. Clarifications were done before the researcher/aide finally collected the accomplished material. The gathered responses were tabulated, computed, subjected to statistical treatments and analyzed.

3.7. Adequacy of the dietary intake

The following steps best illustrate how the researcher computed for the percentage adequacy of the mother's nutrient intake (Please see Appendix J for the sample computation).

1. The researcher computed for the nutrient content of the actual food consumed by the mothers (***actual intake in unit***).

2. The ideal body weight per mother was computed based on derived BMI (Body Mass Index) formula.

3. Level of activity of the mothers in figures was determined using the table for level of physical activity per kilogram of body weight in Appendix H.

4. The estimated ***recommended intake*** for energy and served as a standard for comparison was determined by multiplying the physical activity level with the ideal body weight.

5. The estimated ***recommended intake*** for carbohydrate, protein, and fat to serve as standard for comparison was computed using the recommended distribution for C, P, F as shown in table 1 page 24.

5. The ***recommended intake*** for vitamins was determined using the RENI table in Appendix K.

6. Percentage adequacy was computed using the following formula:

$$\frac{\text{Actual intake in unit}}{\text{Recommended intake}} \times 100$$

7. Computed value was interpreted using the table for interpretation of diet rating (table 7 on page 49).

3.7. Statistical Treatment

The work performances of the working and non-working mothers at home as per domain of home management were tabulated and described using percentage frequency distribution, arithmetic mean, and standard deviation. A differentiation test (F-test) was administered to find out a significant difference between the scores of non-working and working mothers in their work performances at home.

Table 6 presents the interpretation of p-level.

Table 6
Interpretation of p-level

Range	Remark
$p > 0.050$	not significant
$0.010 \leq p < 0.050$	significant
$0.001 \leq p < 0.010$	highly significant
$p < 0.001$	extremely significant

The gathered data from the mother's one-day diet record were computed according to the following: a one day total Energy intake which was expressed in Calories; the macro-nutrient content namely Carbohydrate, Protein, and Fat expressed in grams; Thiamin (B₁), Riboflavin (B₂), and Niacin (B₃) which were all expressed in milligrams. The tool used by the researcher in determining the energy and nutrient of the consumed food was the Food Composition Table (FCT). FCT contains a listings of the various nutrients and energy per specific food item on a 100 gm standard weight of edible portion of the food. Derived values were then summed up and compared to standard recommendation for a day's intake. The adequacy of consumed food was determined in terms of energy and nutrients which were all expressed in percentages.

Two standards were used by the researcher. The computed daily recommended intake and the Recommended Energy and Nutrient Intake (RENI) for Filipinos by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST). The RENI is a listing of the energy and varied nutrient recommendations specifically designed for all healthy Filipinos. All values are set at averages for specific age group. Some of its many uses are the following: it is commonly being utilized as a

reference standard in planning healthy meals for individual or group of people, determination of daily values of nutrients for packaging purposes, and assessment of the adequacy of energy and nutrient intake of an individual or group of people. However the listings do not indicate values for fat and carbohydrate. These missing values may still be computed in reference to the given amount of energy (calories) and protein or the one that is used by the researcher wherein she utilized the standard energy which is specific to physical activity multiplied in kilograms of the ideal weight of the mother.

Considering that the study is purposive, the researcher opted that the values for energy, carbohydrate, protein, and fat be more specific. The researcher set the first standard which concerns the energy, carbohydrate, fat, and protein by computing it individually utilizing parameters such as age, height, weight, current physical activity, and body frame (please see Appendix H, J, and table 7 in page 49). The researcher is a Nutritionist-Dietitian who is qualified to do assessment of the dietary intake of an individual or group of people and likewise design a recommendation for a balance food intake.

The second standard necessitates the use of the Recommended Energy and Nutrient Intake (RENI) for Filipinos in comparing intakes of Thiamin (B_1), Riboflavin (B_2), and Niacin (B_3) by the mothers and come up with a percentage of its adequacy (please see Appendix K and table 7 page 49).

Table 7 presents the interpretation of diet ratings.

In interpreting the computed percentage adequacy the researcher used the diet rating which is also called mean adequacy ratio (Florencio & Baclic in Florencio & Joven, 1985) as shown in table 7. Since both poor and very poor ratings are indicative of inadequacy of

intake the researcher decided to merge it into one and marked the interpretation as poor (see Appendix I for the original table on the interpretation of diet ratings).

Table 7
Interpretation of diet ratings

Ratings	Interpretation
90% and above	Good
70%-89%	Fair
69% and below	Poor

To see the correlation between the work performance of the mothers at home and the diet intake, the Pearson Product-Moment Correlation was used.

Table 8 shows the interpretation of Pearson r .

Table 8
Interpretation of Pearson r

Range	Remark
$ r = 1.000$	perfect positive/negative rectilinear correlation
$0.900 < r < 1.000$	very high positive/negative rectilinear correlation
$0.800 < r \leq 0.900$	high positive/negative rectilinear correlation
$0.600 < r \leq 0.800$	marked substantial positive/negative rectilinear correlation
$0.400 < r \leq 0.600$	moderate positive/negative rectilinear correlation
$0.200 < r \leq 0.400$	low positive/negative rectilinear correlation
$0.000 < r \leq 0.200$	negligible positive/negative rectilinear correlation
$r = 0.000$	no rectilinear correlation

—

The Pearson Product-Moment correlation coefficient (or Pearson correlation coefficient, for short) is a measure of the strength of a linear association between two variables and is denoted by r . Basically, a Pearson Product-Moment correlation attempts to draw a line of best fit through the data of two variables, and the Pearson correlation coefficient, r , indicates how far away all these data points are to this line of best fit. (<https://statistics.laerd.com/statistical-guides/pearson-correlation-coefficient-statistical-guide.php>).

CHAPTER FOUR

PRESENTATION, ANALYSIS, AND INTERPRETATION OF DATA

This chapter presents the discussion of the data the manner by which the study questions were presented in chapter one. It also includes its analyses and the corresponding interpretation.

4.1. Home management practices of the mothers

Question #1. What is the extent of home management practices of working and non-working mothers?

Fifteen working mothers and 15 non-working mothers were the participants of the study. Their work performances at home were identified based on compliance to home management activities which is typical among mothers. These activities were classified into four domains, namely; planning, organizing, leading and controlling. Ten statements described each domain. These are tasks which are typical for mothers to accomplish. The mothers ticked only one of the following measures that described their practice most: always, frequent, sometimes, and never.

Table 9 shows the average mean scores of these mothers for planning. Among the non-working mothers a mean score of 3.25 implies that mothers frequently plan for the family at home. Data revealed that the usual task done by mothers is to budget the family income ($\bar{X}$ = 3.67) and set the daily goals and objectives to be met by the family ($\bar{X}$ = 3.53). These practices give justice to what was once written on a woman's magazine which says that for mothers it is important to have a budget, especially with children in the family, as

spending can get out of hand with all the little extras that crop up daily with food, clothing, entertainment, and so forth (<http://www.workingmothers.com>).

Table 9
Extent of home management practices: Planning

	Non-working										Working											
Item:	Always		Frequent		Sometimes		Never		Mean	SD	Remark ^b	Always		Frequent		Sometimes		Never		Mean ^a	SD	Remark ^b
	f	%	f	%	f	%	f	%				f	%	f	%	f	%	f	%			
1. Sets the daily goals and objectives to be met at home	9	60.0	5	33.3	1	6.7			3.53	0.640	Always	7	46.7	7	46.7	1	6.7			3.40	0.632	Frequent
2. Explains the goals to the family members	8	53.3	5	33.3	2	13.3			3.40	0.737	Frequent	8	53.3	7	46.7					3.53	0.516	Always
3. Assesses the capabilities of the children	8	53.3	5	33.3	2	13.3			3.40	0.737	Frequent	7	46.7	5	33.3	3	20.0			3.27	0.799	Frequent
4. Assigns the task or responsibilities to each member of the family (including the father)	5	33.3	7	46.7	2	13.3	1	6.7	3.07	0.704	Frequent	6	40.0	8	53.3	1	6.7			3.33	0.617	Frequent
5. Makes a schedule of daily activities at home	4	26.7	8	53.3	3	20.0			3.07	0.704	Frequent	10	66.7	4	26.7	1	6.7			3.60	0.632	Always
6. Sets rules to be followed at home	6	40.0	7	46.7	2	13.3			3.27	0.704	Frequent	10	66.7	3	20.0	1	6.7	1	6.7	3.47	0.915	Frequent
7. Budgets the family income	11	73.3	3	20	1	6.7			3.67	0.617	Always	3	20.0	11	73.3	1	6.7			3.13	0.516	Frequent
8. Plans menu for each meal	7	46.7	5	33.3	2	13.3	1	6.7	3.20	0.941	Frequent	8	53.3	3	20.0	3	20.0	1	6.7	3.20	1.014	Frequent
9. Sets time for other household chores	3	20.0	9	60.0	3	20.0			3.00	0.655	Frequent	6	40.0	4	26.7	4	26.7	1	6.7	3.00	1.000	Frequent
10. Plans for other family activities	4	26.7	7	46.7	3	20.0	1	6.7	2.93	0.884	Frequent	6	40.0	8	53.3	1	6.7			3.33	0.617	Frequent
Overall	5	33.3	10	66.7					3.25	0.368	Frequent	6	40.0	8	53.3	1	6.7			3.33	0.390	Frequent

a. Based on raw scores

b. Based on Mean

The rest of the statements fairly scored well as all of these tasks are frequently done at home. These activities represented in accordance to the mean were: explaining the goals to the family members and assessing the capabilities of each of the children (3.40); setting the rules to be followed at home (3.27); planning the menu for each meal (3.20); setting time for other household chores (3.00); and planning for other family activities (2.93).

As for the working mothers the average mean score for planning is 3.33. Similar to the non-working mothers, the working moms frequently plan for their families too. Among the 10 tasks stated under the domain, statement items 2 and 5 were the ones being done always. The mothers make the schedule of activities at home ($\bar{X}$ =3.60) and explain the goals to their families ($\bar{X}$ =3.53). The rest of the statements were done frequently and as per mean tabulation these are the following: the mothers set the rules to be followed at home (3.47); set the daily goals and objectives to be met at home (3.40); assign the task or responsibilities to each member of the family including the father and plan for other family activities (3.33); assess the capabilities of the children (3.27); plan menu for each meal (3.20); budget the family income (3.13); and set time for other household chores (3.00).

Non-working or working, both types of mothers perform well in planning as was indicated by the remarks of always and frequent in the given statements. What could have differentiated one from the other are the priorities on how they chose to accomplish a task.

The non-working mothers used to plan based on what they actually see while the working mothers rely on scheduling their perceived activities for the family and get assured of its success through family dialogue where they explain the importance of accomplishing the set tasks. The responses of the two groups of mothers were evaluated for difference in

terms of work performance under the domain of planning as shown in table 10. At a p-level of .601 which is higher than the .05 level of significance set for the study the result is not significant.

Table 10 is a representation of the difference of work performance at home by the non-working and working mothers under the domain of planning.

Table 10

Difference in home management practices: Planning

Group	N	Min	Max	Mean	SD	diff. ^a	df	F-value	p-level	Remark
Non-working	15	2.50	3.70	3.25	0.368	-0.08	1,28	0.280	0.601	Not Significant
Working	15	2.30	3.80	3.33	0.390					

a. absolute

Table 11 is a representation of the home management practices of mothers under the domain of organizing.

The overall average mean score of the domain organizing as practiced by non-working mothers is 3.31. This means that the mothers frequently performed task which organizes their home and family. Amongst are giving each member of the family enough time to accomplish the assigned task at home ($\bar{X}$ =3.40), leaving some money at home thru the other member of the family to be used when necessary ($\bar{X}$ =3.33), listing down and marketing the basic ingredients needed for cooking family needs ($\bar{X}$ =3.27); prioritizing and accomplishing other activities like paying bills, medical, dental check-up, etc. ($\bar{X}$ =3.27);

acquiring the necessary resources to achieve the daily plan ($\bar{X}$ =3.20); delegating specific tasks among children ($\bar{X}$ =3.13); designating specific place in the house

Table 11
Extent of home management practices: Organizing

Item:	Non-working											Working										
	<u>Always</u>		<u>Frequent</u>		<u>Sometimes</u>		<u>Never</u>		Mean ^a	SD	Remark ^b	<u>Always</u>		<u>Frequent</u>		<u>Sometimes</u>		<u>Never</u>		Mean ^a	SD	Remark ^b
	f	%	f	%	f	%	f	%				f	%	f	%	f	%	f	%			
1. Provides each member of the family the necessary items/matereals in performing the assigned task at home	5	33.3	6	40.0	3	20.0	1	6.7	3.00	0.926	Frequent	10	66.7	2	13.3	3	20.0			3.47	0.834	Frequent
2. Leaves some money at home thru the other member of the family to be used when necessary	8	53.3	4	26.7	3	20.0			3.33	0.817	Frequent	7	46.7	5	33.3	3	20.0			3.27	0.799	Frequent
3. Gives each member of the family enough time to accomplish the assigned task at home	9	60.0	3	20.0	3	20.0			3.40	0.828	Frequent	10	66.7	5	33.3					3.67	0.488	Always
4. Designates specific place in the house where family members can work	4	26.7	8	53.3	3	20.0			3.07	0.704	Frequent	8	53.3	3	20.0	4	26.7			3.27	0.884	Frequent
5. Lists down and markets the basic ingredients needed for cooking family meals	8	53.3	3	20.0	4	26.7			3.27	0.884	Frequent	10	66.7	4	26.7	1	6.7			3.60	0.632	Always
6. Performs other household chores/tasks (washing, cooking, cleaning, etc.)	10	66.7	4	26.7	1	6.7			3.60	0.632	Always	13	86.7	2	13.3					3.87	0.352	Always
7. Prioritizes and accomplishes other activities like paying bills, medical, dental check-up, etc.	8	53.3	4	26.7	2	13.3	1	6.7	3.27	0.961	Frequent	8	53.3	7	46.7					3.53	0.516	Always
8. Delegates specific task among children	5	33.3	7	46.7	3	20.0			3.13	0.743	Frequent	10	66.7	3	20.0	1	6.7	1	6.7	3.47	0.915	Frequent
9. Performs effectively in organizing family needs	12	80.0	3	20.0					3.80	0.414	Always	10	66.7	5	33.3					3.67	0.488	Always
10. Acquires the necessary resources to achieve the daily plan	6	40.0	6	40.0	3	20.0			3.20	0.775	Frequent	9	60.0	6	40.0					3.60	0.507	Always
Overall	8	53.3	7	46.7					3.31	0.498	Frequent	8	53.3	7	46.7					3.54	0.275	Always

a. Based on raw scores

b. Based on Mean

where family members can work ($\bar{X}$ =3.07), and providing each member of the family the necessary items/materials in performing the assigned task at home which reveal that the mothers always perform effectively in organizing family needs and accomplish other household chores/tasks like washing, cooking, cleaning, and so forth.

This is a realization of a woman's description of being a full time mother which was once emphasized by Linda P. Perez in her article titled "The Humanization of a Human Life" in the year 2007. She said that the primary responsibility of a mother is to take care of the children followed by attending to other needs of the family and of course not to set aside the needs of the husband.

The domain fairly scored higher among working mothers compared with the non-working mothers with an overall average mean score of 3.54 implying that the mothers take into consideration several activities as they organize their home and family. Almost all of the statements indicated under this domain arrived at a remark of always and as per mean tabulation, the working mothers perform the following: accomplish household chores/tasks like washing, cooking, cleaning, and so forth (3.87); give each member of the family enough time to accomplish the assigned task at home (3.67); perform effectively in organizing family needs (3.67); list down and market the basic ingredients needed for cooking family meals (3.60); acquire the necessary resources to achieve the daily plan (3.60), and prioritize and accomplish other activities like paying bills, medical, dental check-up, and so forth (3.53). On the other hand statements which were marked as frequently done by the working mothers per mean tabulation were the following: provide each member of the family the necessary items/materials in performing the assigned task at home (3.47); delegate specific

task among children (3.47); leave some money at home thru the other member of the family to be used when necessary (3.27); and designate specific place in the house where family members can work (3.27). The working mothers performed more than what they believed the non-working mothers have actually been doing as evidenced by quite a number of always remarks in the given statements. Once again it proved what Perez (2007) had mentioned about the traits of a mother. Once Nalini, (2009) said motherhood, for all its well-documented joys, has become a flash point for envy, resentment, and guilt. Everybody struggles, and everybody envies what the other has. The working mom wishes she had more free time to be available to her child, and maybe have coffee after drop-off.

What was revealed in the data does not conform with the usual thought about working mothers that working for an extra income hampers the mothers from accomplishing motherly and wifely chores (Harvard Education Letter, 1987) maybe, it was the same reason why these women refrained from too much talking and perhaps this thought have pushed these mothers to do the tasks without realizing that what they have actually accomplished already exceeded what they strongly believed they are not capable of doing. However, when the mean scores of the two groups of mothers were tested for difference under the domain of organizing, at a p-level of 0.123 which is higher than the .05 level of significance, the data revealed an insignificant result as shown in table 12.

Table 12 is a representation of the difference of work performance at home by the non-working and working mothers under the domain of organizing.

Table 12

Difference in home management practices: Organizing

Group	N	Min	Max	Mean	SD	diff. ^a	df	F-value	p-level	Remark
Non-working	15	2.50	3.90	3.31	0.498	-0.23	1, 28	2.527	0.123	Not Significant
Working	15	3.00	4.00	3.54	0.275					

a. absolute

Table 13 is a representation of the home management practices of mothers under the domain of leading.

Data showed that as for the non-working mothers, the domain leading or directing got an overall average mean score of 3.23. The mothers frequently lead or direct the family in performing activities at home. Giving praise to any member of the family who is able to accomplish a task is always a practice for these mothers ($\bar{X}$ =3.53). While the following were frequently done: observes how each family member accomplishes the task to be done ($\bar{X}$ =3.47); explains to the members of the family in understandable terms the proper way of doing work ($\bar{X}$ =3.33); motivates children while working ($\bar{X}$ =3.33); acknowledges the results of the performed task ($\bar{X}$ =3.33); demonstrates the proper way of doing work ($\bar{X}$ =3.27); assists the family member in performing the proper way of doing work ($\bar{X}$ =3.20); allows the child to perform assigned task alone ($\bar{X}$ =3.07), and gives pointers for improvement in performing task at home ($\bar{X}$ =3.07). Mothers are naturally nurturing as was once written by

Bryjale and Sorolosa and cited in the work of Tan in 2001. Acting as a teacher at home, mothers are able to create an atmosphere which enhances learning. Several studies

Table 13
Extent of home management practices: Leading

Item:	Non-working										Working											
	<u>Always</u>		<u>Frequent</u>		<u>Sometimes</u>		<u>Never</u>		Mean ^a	SD	Remark ^b	<u>Always</u>		<u>Frequent</u>		<u>Sometimes</u>		<u>Never</u>		Mean ^a	SD	Remark ^b
	f	%	f	%	f	%	f	%				f	%	f	%	f	%	f	%			
1. Demonstrates the proper way of doing work	8	53.3	3	20.0	4	26.7			3.27	0.884	Frequent	10	66.7	2	13.3	3	20.0			3.47	0.834	Frequent
2. Explains to the members of the family in understandable terms the proper way of doing work	8	53.3	4	26.7	3	20.0			3.33	0.817	Frequent	10	66.7	3	20.0	2	13.3			3.53	0.743	Always
3. Assists the family member in performing the proper way of doing work	7	46.7	4	26.7	4	26.7			3.20	0.862	Frequent	10	66.7	3	20.0	2	13.3			3.53	0.743	Always
4. Motivates children while working	7	46.7	6	40.0	2	13.3			3.33	0.724	Frequent	6	40.0	7	46.7	2	13.3			3.27	0.704	Frequent
5. Allows the child to perform assigned task alone	7	46.7	3	20.0	4	26.7	1	6.7	3.07	1.033	Frequent	7	46.7	6	40.0	1	6.7	1	6.7	3.27	0.884	Frequent
6. Acknowledges the results of the performed task	8	53.3	4	26.7	3	20.0			3.33	0.817	Frequent	7	46.7	5	33.3	3	20.0			3.27	0.799	Frequent
7. Gives pointers for improvement in performing task at home	6	40.0	5	33.3	3	20.0	1	6.7	3.07	0.961	Frequent	8	53.3	4	26.7	3	20.0			3.33	0.817	Frequent
8. Observes how each family member accomplishes the task to be done	9	60.0	4	26.7	2	13.3			3.47	0.743	Frequent	7	46.7	4	26.7	4	26.7			3.20	0.862	Frequent
9. Provides incentives among family member for a job well done every once in a while	4	26.7	5	33.3	4	26.7	2	13	2.73	1.033	Frequent	4	26.7	10	66.7	1	6.7			3.20	0.862	Frequent
10. Gives praise to any member of the family who is able to accomplish a task	9	60.0	5	33.3	1	6.7			3.53	0.640	Always	8	53.3	5	33.3	2	13.3			3.40	0.737	Frequent
Overall	7	46.7	7	46.7	1	6.7			3.23	0.608	Frequent	6	40	8	53.3	1	6.7			3.35	0.444	Frequent

a. Based on raw scores

b. Based on Mean

were conducted worldwide and emphasized the importance of a mother in early child development (Hagele, 2005; Manimtim, 2008; University of Miami, 2010; Wittmer, 2011; Castro, 2012; University of Miami, 2013).

A working mother frequently leads or directs the family in managing activities at home ($\bar{X}$ =3.35) and in her practice she prioritized a different technique. She always explains to the members of the family in understandable terms the proper way of doing work ($\bar{X}$ =3.53) and assists the family member in performing the proper way of doing work ($\bar{X}$ =3.53). This support the writings of Mosher (2011), she said “every traditional family is a school of love and life and virtue the parents especially the mothers who are regarded as the best people to educate the young”. The rest of the statements which coincide the practice of leading or directing the family fairly scored well, all were frequently done and as per mean tabulation these are the following: demonstrates the proper way of doing work (3.47); gives praise to any member of the family who is able to accomplish a task (3.40); gives pointers for improvement in performing task at home (3.33); motivates children while working (3.27); allows child to perform assigned task alone (3.27); acknowledges the results of the performed task (3.27); observes how each family member accomplishes the task to be done (3.20) and provides incentives among family member for a job well done every once in a while (3.20).

Although variation was seen on how the non-working and working mothers initiated and carried out their task of leading or directing their families, one thing is for sure both were performing as evidenced by the frequency of always and frequent remarks.

In an attempt to find the difference in the work performances at home of the two groups of mothers in the domain of directing or leading as shown in table 14, at a p-level of .564 which is higher than the .05 level of significance data revealed the result is not significant.

Table 14 is a representation of the difference of work performance at home by the nonworking and working mothers under the domain of directing or leading.

Table 14

Difference in home management practices: Leading

Group	N	Min	Max	Mean	SD	diff. ^a	df	F-value	p-level	Remark
Non-working	15	2.00	4.00	3.35	0.608	0.06	1, 28	0.340	0.564	Not Significant
Working	15	2.00	3.90	3.29	0.444					

a. absolute

Table 15 is a representation of the home management practices of mothers under the domain of controlling.

The overall average mean score of the domain controlling or monitoring as practiced by the non-working mothers is 3.09 which is equivalent to a remark of frequently done. Of the 10 statements indicative of the domain, item 9 solely got an always remark having a mean of 3.53. It stated that a mother modifies changes, other acceptable strategies in performing the task at home. All the rest of the items fairly got a frequent remark. As per mean tabulation these are the following: sees to it that the daily goals are achieved (3.40); monitors the work being done at home (3.33); ensures that the house rules are followed

(3.27); determines the level of performance of each member of the family (3.13); reassigns duties of the family members (3.0); determines whether the tasks are done within the time

Table 15
Extent of home management practices: Controlling

	Non-working								Working													
Item:	<u>Always</u>		<u>Frequent</u>		<u>Sometimes</u>		<u>Never</u>		Mean ^a	SD	Remark ^b	<u>Always</u>		<u>Frequent</u>		<u>Sometimes</u>		<u>Never</u>		Mean ^a	SD	Remark ^b
	f	%	f	%	f	%	f	%				f	%	f	%	f	%	f	%			
1. Determines the level of performance of each member of the family	5	33.3	7	46.7	3	20.0			3.13	0.743	Frequent	7	46.7	5	33.3	3	20.0			3.27	0.799	Frequent
2. Sees to it that the daily goals are achieved	8	53.3	5	33.3	2	13.3			3.40	0.737	Frequent	8	53.3	5	33.3	2	13.3			3.40	0.737	Frequent
3. Monitors the work being done at home	6	40.0	8	53.3	1	6.7			3.33	0.617	Frequent	8	53.3	6	40.0	1	6.7			3.47	0.64	Frequent
4. Ensures that the house rules are followed	7	46.7	5	33.3	3	20.0			3.27	0.799	Frequent	4	26.7	9	60.0	2	13.3			3.13	0.64	Frequent
5. Determines whether the tasks are done within the time frame	4	26.7	7	46.7	3	20.0	1	6.7	2.93	0.884	Frequent	3	20.0	5	33.3	4	26.7			2.93	0.704	Frequent
6. Reassigns duties of the family members	5	33.3	5	33.3	5	33.3			3.00	0.845	Frequent	5	33.3	4	26.7	6	40.0			2.93	0.884	Frequent
7. Provides additional work to capable emmbers of the family	2	13.3	5	33.3	7	46.7	1	6.7	2.53	0.834	Frequent	5	33.3	5	33.3	5	33.3			3.00	0.845	Frequent
8. Lessens the load to some incapable members of the family	4	26.7	6	40.0	4	26.7	1	6.7	2.87	0.915	Frerquent	7	46.7	5	33.3	2	13.3	1	6.7	3.20	0.941	Frequent
9. Modities changes, other acceptable strategies in performing the task at home	4	26.7	7	46.7	3	20.0	1	6.7	2.93	0.884	Frequent	5	33.3	6	40.0	4	26.7			3.07	0.799	Frequent
10. Gives each member of the family an additional help when needed	11	73.3	2	13.3	1	6.7	1	6.7	3.53	0.915	Always	8	53.3	4	26.7	3	20.0			3.33	0.817	Frequent
Overall	4	26.7	8	53.3	3	20.0			3.09	0.559	Frequent	3	20.0	11	73.3	1	6.7			3.17	0.479	Frequent

a. Based on raw scores

b. Based on Mean

frame (2.93); modifies changes, other acceptable strategies in performing the task at home (2.93); lessens the load to some incapable members of the family (2.87); and provides additional work to capable members of the family (2.53).

As for the working mothers the overall average mean score is 3.17. The mothers frequently control or monitor all the tasks being done at home. All of the 10 statements fairly scored well. The mothers are able to accomplish the various tasks frequently. As per the mean tabulation, these are the following: monitors the work being done at home (3.47); sees to it that the daily goals are achieved (3.40); gives each member of the family an additional help when needed (3.33); determines the level of performance of each member of the family (3.27); lessens the load to some incapable members of the family (3.20); ensures that the house rules are followed (3.13); modifies changes, other acceptable strategies in performing the task at home (3.07); provides additional work to capable members of the family (3.00); determines whether the tasks are done within the time frame (2.93); and reassigns duties at family members (2.93).

All mothers are guided with set principles. These are all rooted to goals and or objectives which one wishes to accomplish each day. Others would say that the non-working mothers are at far advantaged of the situation for they are able to see everything that happens in the family. With longer contact hours with the family the mother is able to instantly track areas which need reinforcement. It was quite easier to determine the strengths and weaknesses of each of the family member and come up with adjustments or modifications. But based on the given data both mothers are equal in their concern for the

family and at home. What could have differentiated the two is the mode of accomplishing each task.

When the mean scores of the two groups of mothers for work performances were tested for difference under the domain of controlling or monitoring, at a p-level of .677 which is higher than the .05 level of significance, the difference is insignificant as shown in table 16.

Table 16 is a representation of the difference of work performance at home by the non-working and working mothers under the domain of controlling/monitoring.

Table 16
Difference in home management practices: Controlling

Group	N	Min	Max	Mean	SD	diff. ^a	df	F-value	p-level	Remark
Non-working	15	2.30	4.00	3.17	0.559	0.04	1, 28	0.177	0.677	Not Significant
Working	15	2.00	3.90	3.13	0.479					

a. absolute

4.2. Mother's energy and nutrient intake

Question #2: What is the percentage of adequacy of the macronutrient and micronutrient intake of the mothers in reference to the daily recommended intake?

Just like any individual, a mother also needs energy in order to carry out her day to day activities. Nutrients are necessary, the macro-nutrients known for their energy content and the micro-nutrients essential in liberating the energy and fuel the body. All of these nutrients are contained in a substance called food.

Table 17 is a representation of the mother's percentage of adequacy of dietary intake in terms of energy intake.

Table 17

Percentage adequacy of energy intake^{a (1)}

Energy ^b	Group	<u>Good</u>		<u>Fair</u>		<u>Poor</u>		N	Min	Max	Mean ^c	SD ^c	Interpretation	diff. ^e	df	F value	p level	Remark
		f	%	f	%	f	%											
	Non-working	5	33.3	6	40.0	4	26.7	15	51.70	161.26	87.48	29.647	Fair	-2.26	1, 28	0.05	0.83	Not Significant
	Working	9	60.0	3	20.0	3	20.0	15	44.02	136.04	89.74	28.364	Fair					

a. The sufficiency of actual intake when compared to a recommended intake

b. The sum total of the energy values given off by the nutrients carbohydrate, protein and fat to fuel the body

c. Based on raw scores

d. Based on mean

e. Absolute

The mother's one day intake of energy was determined regardless of the percentage allocation for carbohydrate, fat, and protein. It was done for the purpose of assessing the mother's intake of the energy as a whole. Data revealed that the average mean score for both groups reflected a fair intake of energy. The respondents' consumption of energy mainly comes from rice, porridge, pandesal, loaf bread, pasta, instant noodles, and mini convenience cup cakes and cookies. It was also noticed that both groups of mothers consumed considerable amount of sugar as sweetener to varied concoctions like champorado, hot milk beverage, fruit shakes and to glazed camote fritters and turon. Likewise, these groups of mother prefer consumption of 3 in 1 coffee which contains sugar, a carbohydrate and creamer which is fat in nature and a good source of dense calorie. The

use of oil is evident too, it is high in calories and when used to fry and saute makes food palatable (Please see Appendix O for the respondents' food consumption). Fried, sautéed, stewed, and grilled are the common forms of cooked food offered within the vicinity. However, analyzing the food preference of these people, one may conclude that the mothers on the average are not getting enough amount of food to reach the ideal level of energy they need for a day. Food insecurity is still evident.

Looking at the dietary intake of the non-working mothers majority (40%) met their requirement fairly, followed by 33.3 % met their requirement at a good level and some 26.7 % met their requirement poorly. Poor purchasing power, lack of time devoted to eating and priorities as to whom to give bigger allocations for food at home (Logarta, 2012) were but some of the many possible reasons why many of the non-working class do not meet the energy requirements properly.

In contrast, 60 % of working mothers have a good intake of energy and 20 % each met their requirement fairly and poorly. The good dietary intake of energy is due to many possible reasons like the availability of food secondary to an increased purchasing power. This conforms with Main (2012), he said that any earnings a working mother made were assumed to be supplemental to a man's and in support of the household as a whole. Another was it is also possible that given hours of work break, the mothers have ample time devoted to eating. The mean scores of each group were subjected to a test for possible difference and at a p-level of .83 which is higher than .05 the result is not significant.

Table 18 is a representation of the percentage adequacy of the macro-nutrient intake of the mothers in terms of carbohydrate, fat, and protein when compared to recommended intake.

Table 18

Percentage adequacy of the actual macronutrient intake^{a (2)}

Macro-nutrient ^b	Group	<u>Good</u>		<u>Fair</u>		<u>Poor</u>		N	Min	Max	Mean ^c	SD ^c	Interpretation	diff. ^e	df	F value	p level	Remark
		f	%	f	%	f	%											
Carbohydrate	Non-working	8	53.3	3	20.0	4	26.7	15	8.86	144.83	89.35	34.290	Fair	-5.21	1, 28	0.19	0.67	Not significant
	Working	9	60.0	2	13.3	4	26.7	15	49.30	147.31	94.56	31.700	Good					
Protein	Non-working	3	20.0	4	26.7	8	53.3	15	30.93	137.69	70.80	31.059	Fair	-0.27	1, 28	0.001	0.978	Not significant
	Working	4	26.7	3	20.0	8	53.3	15	37.94	106.33	71.07	21.983	Fair					
Fat	Non-working	4	26.7	4	26.7	7	46.7	15	25.52	182.42	83.04	46.229	Fair	-4.91	1, 28	0.097	0.757	Not significant
	Working	10	66.7	1	6.7	4	26.7	15	19.26	142.20	87.95	39.905	Fair					

a. The sufficiency of actual intake when compared to a recommended intake

b. Nutrients needed by the body in bigger amounts whose major contribution is to provide the body with the energy which is needed for daily activity

c. Based on raw scores

d. Based on Mean

e. Absolute

The non-working mothers consumed carbohydrate fairly as evidenced by a mean score of 89.35. Data on the one day intake of carbohydrate revealed that 53.3% met their requirement at a good level, 26.7% poorly and 20.0% fairly. In contrast, a little higher mean was noted among the working mothers with an average mean score of 94.6. Data show that 60.0% of the mothers have a good intake of carbohydrate, 26.7% poor and 13.3% fairly. In terms of frequency, the working mothers have a good intake of carbohydrate-rich foods compared with the non-working ones (Please see Appendix O). Such may be attributable to

the increased buying capacity of the mothers and to consider that these food groups are cheaper and readily available. When the mean were tested for possible difference data show that at a p-level of .67 which is higher than the .05 level of significance the result is not significant.

The one day intake of protein revealed that majority of the non-working mothers had a poor intake of the nutrient (53.3%) while 26.7 % took it fairly and some 20.0 % took it good. When the mean was computed the interpretation revealed that the non-working mothers' intake of protein was fair (70.80). As for the working mothers, majority (53.3 %) took it poorly, 26.7 % took it good, and some 20.0 % took it fairly. Arriving at the mean the working women were found to have consumed protein fairly. Examining the type of protein food consumed with the exclusion of beef which is costly, both groups of mothers showed variety in selection of a good source of quality protein like egg, milk, fish, pork, some nuts and seafoods. This finding does not agree with the study conducted by Kirkpatrick, S and V. Tarasuk (2008) where they observed poorer dietary intake of protein and other micro nutrients among adolescent and adults often women (Huskisson, E. et al., 2007) of the lower social class (Vozoris, N. & V. Tarasuk, 2003) as a result of food household insecurity was because of poor food selection. What could be a good implication is the behavior towards the consumption of food. These mothers consume lesser amount of protein food than what is expected and the reason could be due to insufficiency of fund or money to buy the right amount or the behavior of the mothers which characterizes them as a poor eater. When the mean scores of the two groups of women were subjected to a test for possible difference, at a p-level of .978 which is higher than the .05 level of significance the result is not significant.

The fat intake of the mothers revealed that majority of the non-working mothers consume fat poorly (46.7%) with 26.7 % each for consuming it good and fairly. When the mean was computed and interpreted it shows that the average mean score was 83.04, the mothers fairly consume fat. As for the working mothers 66.7% have a good consumption of fat, 26.7% poor and 6.7 % consume it fairly. Food source of fat for the two groups of mothers is mainly oil which is commonly used in cooking. A little consumption of food sources like butter, peanut spread and cheese was noted but the consumption of finger foods which is also a good source of fat was noted only among the working mothers (please see Appendix O). Examining the data and comparing the highest percentage score for consumption, an assumption can be drawn that the non-working mothers would prefer bulk over other factors like palatability. The bulk that the carbohydrate-rich food presented in this study is mainly composed of complex carbohydrate like rice, root crop, pasta, and bread. These are cheaper and more filling. Subjecting the results to a test for difference at a p-level of .757 which is higher than the .05 level of significance the result is found to be not significant.

The nutrients carbohydrate and fat along with a little amount of protein were mainly responsible in yielding energy and fuel the body. When taken in proper proportion these nutrients create a balance supplying energy that matches the energy output as represented by the mother's daily activities. A shortage in the intake of one will greatly affect the other and such imbalance will affect the body's performance in accomplishing its tasks. Over a prolonged period of time any excess will add up weight to an individual and a shortage especially over a long period of time will result to weight reduction. But according to the study conducted by McIntyre, et al., (2003), as for the mothers the reduction in kilocalories

was not sufficient enough to cause weight reduction as they observed as such loss may be balanced with variations in the mother's activity.

Table 19 is a representation of the percentage adequacy of the actual micronutrient intake in terms of vitamins B₁, B₂, and B₃ when compared to RENI (Recommended Energy and Nutrient Intake, please see Appendix K).

Table 19

Percentage adequacy of the actual micronutrient intake^{a (3)}

Micro-nutrient ^b	Group	<u>Good</u>		<u>Fair</u>		<u>Poor</u>		N	Min	Max	Mean ^c	SD ^c	Interpretation	diff. ^e	df	F value	p level	Remark
		f	%	f	%	f	%											
VIT. B ₁ (Thiamine)	Non-working	3	20.0	1	6.7	11	73.3	15	23.57	601.86	100.03	148.353	Good	8.83	1, 28	0.027	0.871	Not significant
	Working	2	13.3	2	13.3	11	73.3	15	19.77	615.00	91.20	147.323	Good					
VIT. B ₂ (Riboflavin)	Non-working	3	20.0	1	6.7	11	73.3	15	24.80	221.27	65.96	50.557	Poor	1.26	1, 28	0.006	0.937	Not significant
	Working	3	20.0	3	20.0	9	60.0	15	19.18	147.86	64.70	34.838	Poor					
VIT. B ₃ (Niacin)	Non-working	10	66.7	4	26.7	1	6.7	15	64.43	333.04	148.76	85.787	Good	-0.44	1, 28	0.000	0.986	Not significant
	Working	14	93.3	1	6.7			15	87.14	225.41	149.20	39.722	Good					

a. The sufficiency of actual intake when compared to RENI (please see Appendix K)

b. Nutrients needed by the body in smaller amount, none energy giving yet essential in the release of energy from the macro-nutrients.

c. Based on raw scores

d. Based on Mean

e. Absolute

Data revealed that 73.3% of the non-working mothers have a poor intake of Thiamin (B1) with 20.0 % consumed it at a good level and 6.7 % consumed it fairly. The mean percentage adequacy intake of 100.03 revealed that these mothers have good intake of the nutrient. Likewise, 73.3 % of the working mothers have a poor intake of Thiamin (B1) with 13.3 % each for consuming it at a good level and fairly. The mean percentage adequacy intake of 91.20 revealed that these mothers have a good intake of the nutrient. When the scores of the two groups of mothers were subjected to a test for possible difference at a p-level of .871 which is higher than the .05 level of significance the result is not significant.

Data on the Riboflavin (B2) intake revealed that 73.3% of the non-working mothers took it poorly, 20.0 % took it at a good level, and 6.7% took it fairly. The mean percentage adequacy intake of 65.96 revealed that the mothers' intake is poor. As for the working mothers 60.0 % took it poorly, 20.0 % each for good and fair intake. The mean percentage adequacy intake of 64.70 revealed that the mothers' intake is poor. When these two means were subjected to a test for possible difference, at a p-level of .937 which is higher than the .05 level of significance the result is not significant.

The data on the Niacin (B3) intake of mothers revealed that 66.7 % of the non-working mothers have a good intake of the vitamin, 26.7 % have a fair intake, and 6.7 % have a poor intake. The mean percentage adequacy intake of 148.76 revealed that the mothers' intake is good. As for the working mothers, 93.3 % have a good intake of the vitamin with 6.7 % who took it fairly. The mean percentage adequacy intake of 149.20 revealed that the mothers' intake is good. When subjected to a test for possible difference at a p-level of .986 which is higher than the .05 level of significance the result is not significant.

The low intake of vitamins B₁ and B₂ was consistent with the study conducted by Kirkpatrick and Tarasuk (2008) where they observed a higher estimated prevalence of nutrient inadequacy among household with food insecurity secondary to poor food selection. Examining the list of foods consumed by mothers in this study, data revealed that there is a low intake of fruits by the mothers and the choice is only limited to fresh banana and minatamis na saba or turrón which is cheap and a probably by chance consumption of mango which is seasonal (please see Appendix O). This was further evidenced by the study of Franchini, et al. in 2013, where they found that the fruits and vegetables consumption of the mothers of the lower class is much lower compared with the upper class or those with working husbands. Lower in the result of this study does not just imply amount but the frequency of its consumption. Mothers may be eating but on a time basis only and to consider if one is to talk about balance as a recommendation a person should be consuming an average of 2 to 3 servings of fruits and 2 servings of fleshy with at least 2 servings of leafy vegetables in a day (<http://www.fnri.dost.gov.ph>).

4.3. Mother's dietary intake in relation to home management practices

#3. What is the relationship between the mothers' dietary intake and home practices?

The tables that follow represent the correlation between the mothers' dietary intake in terms of energy, carbohydrate, protein, fat, vitamins B₁, B₂, and B₃ and home work performances such as planning, organizing, leading, and monitoring.

Table 20 is a representation of the non-working mothers' dietary intake and home management practices under the domain of planning.

Data revealed a negligible positive rectilinear correlation on the non-working mothers' dietary intake of riboflavin and niacin with home management practices under the

domain of planning. This implies that the association between the variables is too weak. Likewise, a low negative rectilinear correlation was seen between the mothers' intake of fat and thiamin, and a negligible negative rectilinear correlation between energy, carbohydrate and protein. When the results were subjected to a test for difference at the .05 level of significance, the results are not significant. This may imply that the mother's compliance with the daily activity under the domain of planning is not associated with the dietary intake.

Table 20

Correlation matrix: Dietary intake vs home management practices of non-working mothers: Planning

Energy/Nutrient	r	p-level	Remark
Energy	-0.231	0.408	Negligible negative rectilinear correlation; Not significant
Carbohydrate	-0.095	0.737	Negligible negative rectilinear correlation; Not significant
Protein	-0.066	0.816	Negligible negative rectilinear correlation; Not significant
Fat	-0.381	0.161	Low negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	-0.285	0.303	Low negative rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.082	0.770	Negligible positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.052	0.853	Negligible positive rectilinear correlation; Not significant

* N=15, df=13

Table 21 is a representation of the non-working mothers' dietary intake and home management practice under the domain of organizing.

Data revealed a low positive rectilinear correlation between riboflavin and niacin with the mother's home management practices which means that there is a slight possibility of association between variables. Likewise, a negligible positive rectilinear correlation was noted for energy, carbohydrate, protein, and thiamin. Conversely, a negligible negative correlation was seen in fat. When the data were tested for possible difference at a .05 level of significance the results revealed was not significant which means that the home management practices of non-working mothers under the domain of organizing was not affected by riboflavin and the rest of the nutrients.

Table 21

Correlation matrix: Dietary intake vs home management practices of non-working mothers: Organizing

Energy/Nutrient	r	p-level	Remark
Energy	0.086	0.760	Negligible positive rectilinear correlation; Not significant
Carbohydrate	0.012	0.965	Negligible positive rectilinear correlation; Not significant
Protein	0.192	0.493	Negligible positive rectilinear correlation; Not significant
Fat	-0.046	0.870	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.147	0.601	Negligible positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.244	0.381	Low positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.282	0.309	Low positive rectilinear correlation; Not significant

* N=15, df=13

Table 22 is a representation of the non-working mothers' dietary intake and home management practice under the domain of leading.

Data revealed a low positive rectilinear correlation between the non-working mothers' intake of protein, thiamin, riboflavin, and niacin with the home management practices under the domain of leading. Conversely, a negligible negative rectilinear correlation was noted for energy, carbohydrate and fats. When the results were subjected to a test for possible

Table 22

Correlation matrix: Dietary intake vs home management practices of non-working mothers: Leading

Energy/Nutrient	r	p-level	Remark
Energy	0.104	0.711	Negligible positive rectilinear correlation; Not significant
Carbohydrate	-0.051	0.857	Negligible negative rectilinear correlation; Not significant
Protein	0.297	0.283	Low positive rectilinear correlation; Not significant
Fat	-0.012	0.965	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.233	0.404	Low positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.210	0.452	Low positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.375	0.168	Low positive rectilinear correlation; Not significant

* N=15, df=13

difference at a .05 level of significance the result turned out not significant. There was no association between the diet and home management practices of the non-working mothers. Table 23 is a representation of the non-working mothers' dietary intake and home management practice under the domain of controlling.

Table 23

Correlation matrix: Dietary intake vs home management practices of non-working mothers: Controlling

Energy/Nutrient	r	p-level	Remark
Energy	-0.013	0.963	Negligible negative rectilinear correlation; Not significant
Carbohydrate	0.079	0.779	Negligible positive rectilinear correlation; Not significant
Protein	0.130	0.644	Negligible positive rectilinear correlation; Not significant
Fat	-0.210	0.453	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.076	0.788	Negligible positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.169	0.547	Negligible positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.229	0.412	Low positive rectilinear correlation; Not significant

* N=15, df=13

Data revealed a low positive rectilinear correlation between niacin and home management practices. Likewise, a negligible positive rectilinear correlation was seen among the nutrients carbohydrate, protein, thiamin, and riboflavin. A negligible negative

rectilinear correlation was noted with energy and fat. When data were tested for differences at a .05 level of significance the results are not significant.

Table 24 is a representation of the working mothers' dietary intake and home management practice under the domain of planning.

Table 24

Correlation matrix: Dietary intake vs home management practices of working mothers: Planning

Energy/Nutrient	r	p-level	Remark
Energy	0.148	0.597	Negligible positive rectilinear correlation; Not significant
Carbohydrate	0.370	0.175	Low positive rectilinear correlation; Not significant
Protein	-0.046	0.870	Negligible negative rectilinear correlation; Not significant
Fat	-0.186	0.508	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.214	0.444	Low positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	-0.021	0.940	Negligible negative rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	-0.020	0.945	Negligible negative rectilinear correlation; Not significant

* N=15, df=13

Data revealed a low positive rectilinear correlation between carbohydrate and thiamin with the home management practices of the mothers. Likewise, a negligible positive rectilinear correlation was seen with energy. The noted association of the mothers' home practices with the nutrients was too low and suggests further study. When the data were subjected for a test of difference at a .05 level of significance the result is not significant. Table 25 is a representation of the working mothers' dietary intake and home management practices under the domain of organizing.

Table 25

Correlation matrix: Dietary intake vs home management practices of working mothers: Organizing

Energy/Nutrient	r	p-level	Remark
Energy	0.274	0.324	Low positive rectilinear correlation; Not significant
Carbohydrate	0.161	0.566	Negligible positive rectilinear correlation; Not significant
Protein	0.517	0.049	Moderate positive rectilinear correlation; Significant
Fat	0.070	0.805	Negligible positive rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.338	0.218	Low positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.425	0.114	Moderate positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.710	0.003	Marked substantial positive rectilinear correlation; Highly significant

* N=15, df=13

Data revealed a marked substantial positive rectilinear correlation with home management practice and niacin in which the difference at a .05 level of significance turned out as highly significant. Likewise, a moderate positive rectilinear correlation was noted with organizing and the dietary intake of protein. When the data were subjected to a test for difference at a .05 level of significance the result turned out significant. A low positive rectilinear correlation was noted between organizing and the mothers' energy and intake of thiamin, the association is quite weak and would need further investigation. When the data were subjected to a test for difference at a .05 level of significance the result is not significant.

Table 26 is a representation of the mothers' dietary intake and home management practices under the domain leading.

Table 26
Correlation matrix: Dietary intake vs home management practices of working mothers: Leading

Energy/Nutrient	r	p-level	Remark
Energy	0.131	0.641	Negligible positive rectilinear correlation; Not significant
Carbohydrate	0.489	0.064	Moderate positive rectilinear correlation; Not significant
Protein	0.011	0.970	Negligible positive rectilinear correlation; Not significant
Fat	-0.161	0.567	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.194	0.489	Negligible positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.076	0.787	Negligible positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.105	0.709	Negligible positive rectilinear correlation; Not significant

* N=15, df=13

Data revealed a moderate positive rectilinear correlation between leading and carbohydrate. However, when the data were subjected to a test for difference at a .05 level of significance along with the other nutrients, the results turned out not significant. Table 27 is a representation of the mothers' diet intake and home management practices under the domain controlling.

Table 27

Correlation matrix: Dietary intake vs home management practices of working mothers: Controlling

Energy/Nutrient	r	p-level	Remark
Energy	0.232	0.405	Low positive rectilinear correlation; Not significant
Carbohydrate	0.505	0.055	Moderate positive rectilinear correlation; Not significant
Protein	0.024	0.932	Negligible positive rectilinear correlation; Not significant
Fat	-0.019	0.946	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.123	0.663	Negligible positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.249	0.371	Low positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.033	0.908	Negligible positive rectilinear correlation; Not significant

* N=15, df=13

Data revealed a moderate positive rectilinear correlation between controlling and the mothers' intake of carbohydrate. However when the data were subjected to a test for

difference at a .05 level of significance, the result turned out not significant. A low positive rectilinear correlation was noted between energy and the mothers' intake of riboflavin; A negligible positive rectilinear correlation with protein, thiamin and niacin. Conversely a negligible negative rectilinear correlation was revealed with fat. When the data were subjected to a test for difference the results are not significant.

Table 28 is a representation of the mother's diet intake and home management practices under the domain planning.

Table 28

Correlation matrix: Dietary intake vs home management practices of combined groups of mothers: Planning

Energy/Nutrient	r	p-level	Remark
Energy	-0.036	0.852	Negligible negative rectilinear correlation; Not significant
Carbohydrate	0.142	0.455	Negligible positive rectilinear correlation; Not significant
Protein	-0.055	0.771	Negligible negative rectilinear correlation; Not significant
Fat	-0.278	0.136	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	-0.032	0.866	Negligible negative rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.036	0.850	Negligible positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.027	0.888	Negligible positive rectilinear correlation; Not significant

* N=30, df=28

Data revealed a negligible negative rectilinear correlation between planning and the mothers' intake of energy, carbohydrate, protein, fat, vitamins B₁, B₂, and B₃. These thus just mean that the existing relationship between the mothers' intake and work performance at home under the domain of planning is too low or too weak. That it cannot be stated that the ability or inability of the mothers to plan is affected by their dietary intake and other factors which is yet to be explored may have influenced the work performance of the mothers at home. When grouped together and subjected to a test to find possible difference at a p-level higher than the .05 level of significance the results are not significant. Table 29 is a representation of the mothers' diet intake and home management practices under the domain organizing.

As was previously mentioned the riboflavin intake of the mothers is quite low and although not directly stated the low intake of protein which was revealed in the study could have contributed to the inefficient use of niacin as these vitamins may also result from tryptophan which is an amino acid. Niacin is central in energy-transfer reactions, especially the metabolism of glucose, fat, and alcohol (Rolfes, 2005).

Table 29

Correlation matrix: Dietary intake vs home management practices of combined groups of mothers: Organizing

Energy/Nutrient	r	p-level	Remark
Energy	0.151	0.425	Negligible positive rectilinear correlation; Not significant
Carbohydrate	0.082	0.668	Negligible positive rectilinear correlation; Not significant
Protein	0.271	0.147	Low positive rectilinear correlation; Not significant
Fat	0.009	0.963	Negligible positive rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.189	0.318	Negligible positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.276	0.140	Low positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.353	0.055	Low positive rectilinear correlation; Not significant

* N=30, df=28

On the other hand the correlation which existed between the mothers' dietary intake in terms of energy, carbohydrate, fat, and thiamine (B₁) is negligible implying independency between the two variables and when tested for possible difference at a p-level higher than the .05 level of significance the results are not significant.

Table 30 is a representation of the correlation of the mothers' dietary intake and home management practices under the domain of leading.

Data show that there is a low positive rectilinear correlation between the mother's intake of thiamine (B₁) and niacin (B₃) with the work performance of mothers at home in terms of leading or directing. These imply that the impact of thiamin and niacin which existed with the work performance of mothers at home is weak. That the degree of their work performance may still be affected by other factors not only their intake of thiamin and niacin thus further investigation is necessary. Furthermore, there is a negligible positive

Table 30

Correlation matrix: Dietary intake vs home management practices of combined groups of mothers: Leading

Energy/Nutrient	r	p-level	Remark
Energy	0.118	0.534	Negligible positive rectilinear correlation; Not significant
Carbohydrate	0.173	0.361	Negligible positive rectilinear correlation; Not significant
Protein	0.199	0.293	Negligible positive rectilinear correlation; Not significant
Fat	-0.062	0.743	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.209	0.268	Low positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.163	0.390	Negligible positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.300	0.108	Low positive rectilinear correlation; Not significant

* N=30, df=28

rectilinear correlation between the mothers' intake of energy, carbohydrate, protein, and riboflavin (B₂) and work performance at home under the domain of leading or directing. The relationship that was seen is too low or too weak to rule association between the two variables. The mothers' work performance at home under the domain of leading may or may not be associated with the intake of these nutrients. Conversely, the negligible negative correlation that was seen in the dietary fat intake suggested no association with the mothers' work performance at home.

That when grouped and tested for possible difference at a p-level higher than the .05 level of significance the results are not significant.

Table 31 is a representation of the correlation of the mothers' dietary intake and home work performance in terms of controlling.

Data revealed that there is a low positive rectilinear correlation between the mothers'

Table 31

Correlation matrix: Dietary intake vs home management practices of combined groups of mothers: Controlling

Energy/Nutrient	r	p-level	Remark
Energy	0.100	0.599	Negligible positive rectilinear correlation; Not significant
Carbohydrate	0.272	0.146	Low positive rectilinear correlation; Not significant
Protein	0.090	0.637	Negligible positive rectilinear correlation; Not significant
Fat	-0.123	0.516	Negligible negative rectilinear correlation; Not significant
Vit. B ₁ (Thiamine)	0.094	0.620	Negligible positive rectilinear correlation; Not significant
Vit. B ₂ (Riboflavin)	0.196	0.299	Negligible positive rectilinear correlation; Not significant
Vit. B ₃ (Niacin)	0.166	0.379	Negligible positive rectilinear correlation; Not significant

* N=30, df=28

intake of carbohydrate and work performance. The low correlation signifies a weak association between carbohydrate intake and the mothers' work performance. That the degree of their work performance at home may be affected by factors other than their carbohydrate intake thus further investigation is also necessary. In contrast, a negligible positive rectilinear correlation was noted between the mothers' dietary intake of energy, protein, thiamine (B₁), riboflavin (B₂), and niacin (B₃) and their work performance at home. It shows that the association is too weak to create a noticeable impact on the mothers' work performance at home. The negligible negative rectilinear correlation which was seen in the dietary fat intake of the mothers reveals no association with the work performance at home. When results were tested for possible difference at a p-level higher than the .05 level of significance the results are not significant.

4.4. Work performance of productive and reproductive mothers at home

Question #4. What are the work performances of productive and reproductive mothers?

Table 32 is a representation of the productive and reproductive mothers' work performances at home.

Data revealed that as for the non-working mothers the domestic activities participated in by 100 % of mothers are setting the table for the family; washing of the dishes; marketing and buying grocery items and some household stuff; sweeping the house floor, yard and emptying trash; delegating and teaching simple house work to every member of the family; and folding/putting clothes that do not need to be pressed in their proper places as evidenced by a rank of 3.5. This was followed by activities with a rank of 9.5

Table 32

Daily Home Management Activities of Mothers

Activities	Reproductive		Productive		Difference^a	
	f	%	f	%	f	%
1. Wake up early and get ready for the day's work	14	93.3	12	80.0	2	13.3
2. Cook meals for the family (breakfast, lunch and supper)	12	80.0	11	73.3	1	6.7
3. Prepare pack meals for the kids (and husband)	11	73.3	11	73.3	0	0.0
4. Wake up the kids and fix bed	13	86.7	12	80.0	1	6.7
5. Set the table for the family	15	100.0	14	93.3	1	6.7
6. Clean the table after meal	14	93.3	15	100.0	-1	-6.7
7. Wash the dishes	15	100.0	15	100.0	0	0.0
8. Bathe younger children and help ready for school	11	73.3	11	73.3	0	0.0
9. Help the older children fix their things for school	13	86.7	12	80.0	1	6.7
10. Send the children to school	10	66.7	7	46.7	3	20.0
11. Market, buy grocery items and some household stuff	15	100.0	15	100.0	0	0.0
12. Put newly bought items into their proper places	9	60.0	8	53.3	1	6.7
13. Water the plants	6	40.0	6	40.0	0	0.00
14. Bathe and feed the pets	7	46.7	3	20.0	4	26.7
15. Clean the stove and other cooking materials	14	93.3	14	93.3	0	0.0
16. Clean the toilet	10	66.7	13	86.7	-3	-20.0
17. Clean/dust countertops	13	86.7	13	86.7	0	0.0
18. Sweep the house floor, yard and empty trash	15	100.0	14	93.3	1	6.7
19. Mop the floor	12	80.0	13	86.7	-1	-6.7
20. Fetch the kids from school	7	46.7	8	53.3	-1	-6.7
21. Help the kids with their homework	13	86.7	14	93.3	-1	-6.7
22. Delegate and teach simple house work to every member of the family	15	100.0	11	73.3	4	26.7
23. Sort dirty clothes	13	86.7	15	100.0	-2	-13.3
24. Wash the clothes	14	93.3	15	100.0	-1	-6.7
25. Hang washed clothes	14	93.3	14	93.3	0	0.0
26. Press dry clothes	14	93.3	9	60.0	5	33.3
27. Fold and put clothes that do not need to be pressed into their proper places	15	100.0	14	93.3	1	6.7
28. Spend some bonding moments with the family	12	80.0	12	80.0	0	0.0
29. Get the children to bed	11	73.3	12	80.0	-1	-6.7
30. Spend private time with the husband	12	80.0	12	80.0	0	0.0
X² - value = 4.7927		X² = 42.557				
df = 29		p-value = 1.000				
$\alpha(2) = 0.050$		Remarks = Not significant				

a. Non-working - Working

participated in by 93.3 % of the mothers which indicate that they wake up early to get ready for the day's work, clean the table every after a meal, clean the stove and other cooking materials, wash clothes, hang washed clothes, and press dry clothes.

This task was followed by an 86.7 % participation of mothers to activities ranked 15 such as waking up the kids and fixing the bed, helping the older children fix their things for

school, cleaning and dusting countertops, helping the kids do their homework and sorting dirty clothes for washing. However, there are activities which are not common to all mothers. The activities ranked as 28.5 with a 46.7 % participation of mothers are: feeding and giving the pets a bath and fetching the kids from school. Rank 30 indicated that 40 % of the mothers water the plants.

The working mothers accomplish both productive and reproductive work and based on the data shown in table 32 number 3 in the rank of activities participated in by 100 % of the mothers consists of the following tasks: cleaning the table every after a meal, washing the dishes, marketing and buying grocery items and some household stuff, sorting and washing dirty clothes. Home activities ranked as 8.5 were participated in by 93.3 % of the mothers. These activities are: setting the table for the family, cleaning the stove and other cooking materials, sweeping dirt from the house floor and yard likewise emptying trash, helping the kids do their homework, hanging washed clothes, and folding and putting clothes that do not need to be pressed into their proper places. Rank 13 with 86.7 % participation of mothers are performance of the activities like cleaning the toilet, cleaning and dusting countertops and mopping the floor with a damp cloth. In contrast there are domestic chores which were not commonly done by working mothers. Rank 28 signifies the participation of 46.7 % of mothers who send their children to school. Rank 29 is reflective of a 40 % participation in which the mothers water the plants. Twenty percent of the mothers said that they feed and give their pet a bath which ranked 30 in the tabulation of domestic activities.

Looking at the differences between the activities of the two groups of mothers, the tabulation shows that there are activities common to both mothers regardless of the rank and

posted no difference at all. These are preparing pack meals for the kids and the husband, washing the dishes, giving the younger children a bath and helping them get ready for school, marketing and buying grocery items and some household stuff, watering the plants, cleaning the stove and other cooking materials, cleaning and dusting countertops, hanging washed clothes, spending bonding moments with the family, and spending private time with the husband. However, there are activities which are pronounced among the non-working mothers compared with the working ones as evidenced by the marked differences in their scores. And those of higher frequencies are pressing clothes, delegating and teaching simple house work to each member of the family, feeding and giving the pet a bath, sending the children to school, and waking up early and getting ready for the day's work. As for the working mothers cleaning the toilet and sorting dirty clothes are more pronounced compared with the non-working mothers.

However, when the mean scores were subjected to a statistical test for difference, at a .05 level of significance the result is not significant. Meaning, there are no marked differences between the two groups of mothers when it comes to performing domestic chores. Whether productive or reproductive, the mothers are able to do the task at home.

4.5. Implication to Home Economics Education

Promoting the welfare of every individual especially of the disadvantaged group is a challenge fronting all professions especially the academe. The incorporation of simulation activities is one way of enforcing and inculcating learned skills in foods and nutrition in schools. The current study attempted to shed light to an understanding that there is more to food than simply eating for pleasure or needs met. The need for energy, its release and usage by the body is an indicator that there are nutrients working in tandem to make life

processes possible. The need to sustain bodily homeostasis in the promotion of health and well being is a challenge. Education does not stop with learned principles but of principles applied which shape an individual to become a better person. Home economics education is the program in schools that can best educate students on the dynamics of health, the importance of food and its relation to optimum nutrition where the form of evaluation is in application. The current study somehow suggested that there is a need for the program to strengthen its strategy in imposing behavioral change among the younger generation.

The critical years to start shaping one's attitude and values towards life best start at the early school age years. Home economics education is one field which allows the students to learn subjects that have relevance to their present lives and which is of constant use as they continue to grow. Food science and nutrition is one of the most relevant topics of home economics education in today's social climate. Studies have shown that food habits learned at an early age are hard to influence and change. The earlier individuals are exposed to certain practices, the more likely they will consider them a permanent aspect of their behavior. Possessing knowledge about food and its nutritional content is valuable at any age, as people continue to make eating choices throughout the course of their lifetimes (http://sitemaker.umich.edu/356.swidler/.importance_of_nutritional_education_).

CHAPTER V

Summary, Conclusions and Recommendations

5.1. Summary

The study was conducted to determine the dietary intake of mothers and its relation to their home management practices. It was a purposive study which utilized the participation of two groups of mothers namely, the non-working full time housewife and the non-government working housewife whose job description was limited to clerical and service. Thirty respondents between the age of 25-40 participated in the study. They were randomly drawn using the profile of their children who were currently studying at the Jose Rizal Elementary School at the locale of Pritil in Tondo, Manila. The study used the Correlation Descriptive Research Design, a method which measures the magnitude and direction of a relationship. Two sets of variables were presented in the study. The dietary intake of the mothers which were limited to energy, carbohydrate, protein, fat, thiamine (B₁), riboflavin (B₂), and niacin (B₃) and the typical home management practices of the mothers which were classified into four domains namely planning, organizing, leading, and controlling. The researcher used a questionnaire as the instrument of the study. It has four parts which aimed at determining the profile of the mother, work performances of the mother at home, a day food diary where the mothers indicated their one day food intake, and home activities of the mothers. The instrument was validated by three known personalities in their field of specialization and was revised based on the feedback by the evaluators. Its administration lasted for two days.

The gathered responses on work performances of the working and non-working mothers at home per domain of home management were tallied, tabulated, and described

using percentage frequency distribution, arithmetic mean, and standard deviation. A differentiation test (F-test) was administered to find out the significance of the scores of non-working and working mothers in their home practices.

The gathered data from the mothers' one day diet record were computed according to its nutrient and energy content. The results of the computation were then compared to standards namely the Recommended Dietary Intake for Energy, Carbohydrate, Protein, Fat and the Recommended Energy and Nutrient Intake for Filipinos for Vitamins B₁, B₂, and B₃ and the percentage of its adequacy was determined. The results were tabulated using percentage frequency distribution and the mean was computed. Mean results of the mothers' home work performances and dietary intake were tested to find the correlation between the two variables.

5.2. Findings of the study:

1. The extent of home practices of the mothers under the four domains of home management revealed the following:

Planning. Both groups of mothers frequently plan the various activities for their families. Budgeting the family income and setting the daily goals and objectives to be met by the family in accomplishing a task are common among non-working mothers. While, the working mothers used to schedule the daily activities at home and at the same time explain to the members of the family why the set goals should be met.

Organizing. The working mothers aside from personally attending house chores prefer to involve other members of the family and are definite about their errands as these mothers always note down the necessary activities and prioritize

which to accomplish first. The non-working mothers on the other hand are more effective at organizing family needs performing house chores like washing clothes, cooking for the family, and so forth.

Leading. Acknowledging accomplishment of any of the family member who are able to perform a task thru giving praise is the non-working mothers' way of leading her family while the working ones see to it that every member of the family understands the proper way of doing a task either by way of explaining it vividly or assisting the member perform the activity.

Controlling. The daily activity of the family gives the mothers the opportunity to evaluate daily accomplishments. By doing such the mother who also acts as a manager is able to redirect course of activities, modify changes, and reassign duties of the family members. However, it was the group of non-working mothers who are used to extend an additional help to the member of the family when needed.

2. Dietary evaluation revealed the following:

Both groups of mothers fairly meet their requirement for energy regardless of the allocation for carbohydrate, protein, and fat. The working mothers have a good intake of carbohydrate over the non-working ones who met the requirement fairly. It was evidenced by a mean percentage adequacy intake of 94.56 that when interpreted signifies a good intake of the nutrient (please see table 7 page 54). Both groups of mothers have a fair intake of protein and a fair intake of fat. The B vitamins thiamin, niacin, and riboflavin are essential in releasing energy from foods so it can be used by the body. Both groups of mothers have a good consumption of the nutrients

vitamin B₁ (Thiamine) and vitamin B₃ (Niacin). However, a poor intake of vitamin B₂ (Riboflavin) was noted. Slight variations were noticed in the detail of the mothers' dietary intake of energy, carbohydrate, fat, protein, thiamin, riboflavin, and niacin. Even when grouped this does not differentiate one from the other. Both groups of mothers consumed foods rich in the said nutrients in varying amounts.

3. The correlations between dietary intake and the home management practices of mothers revealed the following:

There was no direct correlation between diet and home practices of the non-working mothers. The possibility of an association in the dietary intake which were noted in all of the domains are too weak and will require further study.

As for the working mothers, there is a marked substantial positive correlation seen between niacin intake and home management practices under the domain of organizing. This finding is highly significant. Likewise, a moderate positive correlation which is significant was noted between protein intake and home management practices under the domain of organizing.

Combined groups of mothers showed a low possibility of associating home management practices with diet intake. The values which were noted for a possible association are too weak and in often times negligible. However, areas which were noted for possible positive correlations are that of carbohydrate in the domain of controlling; protein, thiamin, and riboflavin in the domain of organizing and niacin in the domain of organizing and leading.

4. Home activities of mothers are varied and somehow influenced by the nature of their work as reproductive (non-working) or productive/reproductive (working).

However, no significant differences were noted between groups of mothers. The activities common to mothers regardless of rank include preparing pack meals for the kids and the husband, washing the dishes, giving the younger children a bath and helping them get ready for school, marketing and buying grocery items and some household stuff, watering the plants, cleaning the stove and other cooking materials, cleaning and dusting countertops, hanging washed clothes, spending bonding moments with the family, and spending private time with the husband.

5.3. Conclusions

The life of a woman as a mother is centered on the welfare of the family (Perez, 2007). Upholding varied responsibilities and ensuring orderliness at home require not just dedication but time and energy to keep up with the demands of family life (Archer, et al., 2013).

Based on the results of the study it is therefore concluded that the mothers, both reproductive and productive are performing varied home management practices, but the performance differs in terms of priority task. These women accomplish the same domestic activities at home such as preparing meals for the family, washing the dishes, get ready the kids for school, and so forth. The mothers have an adequate consumption of foods rich in energy and foods which are known sources of nutrients such as protein, thiamin, and niacin as evidenced by a fair to good remarks based on nutrient intake analysis using the nutrient percentage adequacy ratio. However, the riboflavin intake of the mothers is low which may be due to other factors like poor nutrition knowledge resulting to poor food selection and preparation which the researcher did not include as a variable in the study. The dietary intake of reproductive mothers in terms of carbohydrate, protein, fat, thiamin, riboflavin and

niacin did not affect their home management practices. However, the protein and niacin intake of the productive mothers showed to be essential in their performance. A result which may be true with the current population of productive mothers but not to the general population thus further study is necessary.

5.4. Recommendations

Mothers are guided with the principle of love that is selfless and sacrificing, an aspiration which brings about inner happiness and fulfillment not just to the mothers themselves but to the family and the environment which they interact. But mothers are flesh and blood too their need for optimum health is of no difference with anybody else. Enhancing understanding of the uniqueness of their body, nutritional needs and capacity is as important as understanding what their current health practices are. Thus the following are being recommended with the initiation of the academe participated in by the government and non-government institutions:

- Revisit and if deemed necessary enforce the curriculum of Home Economics and Livelihood Education which teaches the young generation the basics of family life. A deeper discussion of the current health and nutrition situation of the population is a realization that will possibly bring about the drive to be careful and mindful in dealing with the needs of everyday living.
- Health practitioners who are educators should simplify the discussion of the basics of nutrition subjects to the level readily understood by the students or the community since the subject is quite scientific and often uses difficult terminologies.

- Incorporate more often simulation activities or the conduct of return demonstrations in classroom activities that will enhance the skills of the students about home management activities like good housekeeping, menu planning and marketing, and proper food selection, preparation and cooking.
- Enhance the mother's skills in proper food selection and preparation through small talks with cooking demonstration by experts or even senior health and nutrition students preferably done at the baranggay level.
- For future research, conducting a similar study that will include the nutrition knowledge and food preferences of mothers as other variables involving bigger population will substantiate the result of the current study.

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APPENDIX A
LETTER OF REQUEST TO MISS MANIMTIM

20 January, 2014

Gracia L. Manimtim
233 Maitim II-East
Tagaytay City

Dear Miss Manimtim,

Greetings! I am currently working on my research paper entitled: “Diet and Work Performance of Working and Nonworking Mothers at Home” and in my readings, I came across your piece of work and got fascinated about the result and the manner by which you have conducted your study. The presentation of data especially your discussion on the home management skills of the mothers interested me most. Furthermore, I find your questionnaire very relevant in my paper. I would like to ask your kind permission to allow me to adopt it on my study specifically the part which determines the home management practices of mothers and do some revision as needed.

I hope to merit your approval and likewise promise to send you a copy of my paper once it is finished.

Thank you very much.

Very respectfully yours,

Joan Z. Coraños RND
Student
Master of Arts in Education with
Specialization in Health Education
Philippine Normal University
Taft, Manila

APPENDIX B

Mailing Receipt

 125611553301		THIS SERVES AS AN OFFICIAL RECEIPT Registration No. 100-37423 Official Receipt No. 58025FKXB Customer's Copy	
LBC EXPRESS Manila Post Office, 1000 Old Sta. Pedro Street, Manila Tel. No. 1-11-7137552 V.M. No. 111-7137552			
ORIGINATOR MANIMTIN, GRACIA L 233 TIM 2ND EAST TAYAYAY CAVITE SOUTH LUZON TRPS		TOC AVR Origin 3-24PM-SP503-STOP AND SHOP Date 1/21/2014 Delivery Date 1/22/2014 Delivery Type DELIVERY 7:00:00 PM	
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APPENDIX C

THE ORIGINAL QUESTIONNAIRE OF THE DOMAINS OF HOME MANAGEMENT

Title: HOME MANAGEMENT PRACTICES OF MOTHERS.

Direction: Kindly indicate the frequency at whole the following practices that are done by your mother at home. Check the scale value that most describes her practices at home as observed by you.

5-Always

4- Often

3-Sometimes

2-Seldom

1-Never

PLANNING	5	4	3	2	1
1. Sets goals/objectives to be met					
2. Explain the goals to family members					
3. Assess the capabilities of the children					
4. Assigns the individuals task or responsibilities including the father					
5. Makes a schedule of daily activities					
6. Sets rules to be followed					
7. Budgets the family income					
8. Plans menu for each meal					
9. Sets time for other household chores					
10. Plans for other family activities (help in doing assignments, etc.)					

ORGANIZING	5	4	3	2	1
1. Provides the necessary items/materials in performing the task.					
2. Leaves some money to be used when necessary					
3. Gives enough time to accomplish the task					
4. Designates specific place where to work					
5. Lists down basic ingredients needed for cooking					
6. Performs other household chores/tasks (washing, cooking, cleaning etc.)					
7. Prioritizes other activities like, paying bills, medical, dental, check-up, etc.					
8. Delegates specific task among children					
9. Performs effectively in organizing family needs					
10. Involves the acquisition of necessary resources to achieve the plan.					

<i>DIRECTING OR LEADING</i>	5	4	3	2	1
1. Demonstrates the proper way of doing work					
2. Explains in understandable terms the reasons for such action					
3. Assigns in performing the proper way of doing work					
4. Motivates children while working					
5. Allows the child to perform it alone					
6. Acknowledges the results					
7. Gives pointers for improvement					
8. Observes how the task is done					
9. Provides incentives once in a while					
10. Gives praise					

<i>CONTROLLING</i>	5	4	3	2	1
1. Determines the level of performance					
2. Sees to it that the goals are achieved					
3. Monitors the progress					
4. Ensures that the rules are followed					
5. Determines whether the tasks are done within the time frame					
6. Reassigns duties at the family members					
7. Provides additional work to capable members					
8. Lessens the load to some incapable members					
9. Modifies changes other acceptable strategies					
10. Hires additional helpers when needed					

APPENDIX D

Approved letter of request to the management of Jose Rizal Elementary School to conduct a study using student's profile

17 January, 2014

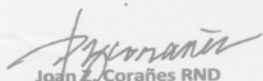
Melanie D. Federis
Guidance Teacher
Jose Rizal Elementary School
Manila

Dear Miss Federis,

I am currently working on my thesis study entitled: Diet and Home Performance of Working and Nonworking Mothers. Two sets of 16 mothers each are needed in the study both with at least one child currently enrolled in elementary and residing in one community. The first set is a full time non-working mothers and the next one is composed of mothers who are employed in private companies whose work will be further grouped into clerical and service. In line with this may I ask your assistance to please allow me to use the profile of some of your students to help me identify the intended respondents. Rest assured that all information will be used for the purpose of the study that the researcher promise to give the school a copy of the result once finished. Your approval is of great help in the accomplishment of this endeavor.

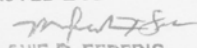
Thank you very much.

Very respectfully yours,


Joan Z. Coraños RND
Student
Master of Arts in Education with
Specialization in Health Education
Philippine Normal University
Taft, Manila

J. P. RIZAL ELEM. SCHOOL
MELANIE D. FEDERIS
DATE: 1-20-14

NOTED BY:


MELANIE D. FEDERIS
GUIDANCE TEACHER
DATE: 1-20-14

APPENDIX E

LETTER TO THE RESPONDENTS

January ____, 2014

Dear Respondents:

Greetings of Peace!

I am currently working on my research paper entitled *Diet and Home Performances of Working and Non-working Mothers*. In line with this research I would appreciate it very much if you will answer questions all related to the above topic. Your cooperation will be a big help in the completion of my study. Rest assured that data collected from you will be handled with the strictest confidentiality.

Thank you very much for your participation. I remain

Yours very respectfully,

Joan Z. Coraños RND
Researcher

APPENDIX F

Questionnaire (Your Diet and Home Management Practices)

Control number:

Direction: The researcher will conduct the survey by personally asking the question and the participant is expected to give the appropriate answer.

Part 1: The participant's profile

Name _____ (optional)

1. Age _____

2. Height in meter _____

3. Weight in kilograms _____

4. Number of children _____

5. Monthly family income:

☐ < P 5, 000.00

☐ P 5, 000.00 to 10, 000.00

☐ P 10, 000.00 to 15, 000.00

☐ P 15, 000.00 to 20, 000.00

☐ 20, 000.00 to 25, 000.00

☐ 25, 000.00 to 30, 000.00

☐ 30, 000.00 and above

Part II. Home Management Practices of Mothers

The mother's home practices are classified into 4 categories namely planning, organizing, leading and monitoring. Kindly indicate the frequency of your practice by checking the scale value that best describes you.

Options: 4 – Always
 3– Frequently
 2– Sometimes
 1 – Never

Planning

- | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. Writes down the daily goals and objectives to be met at home by the family | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 2. Modifies changes, other acceptable Strategies in performing the task at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 3. Plans menu for each meal | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 4. Sets time for other household chores | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 5. Plans for other family activities | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |

Organizing

- | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. Provides each member of the family the necessary items/materials in performing the assigned task at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 2. Leaves some money at home thru the other member of the family to be used when necessary | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 3. Assesses the capabilities of the the children | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 4. Designates specific place in the house where family members can work | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 5. Lists down and market the basic ingredients needed for cooking family meals | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 6. Performs other household chores/tasks (washing, cooking, cleaning, etc.) | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 7. Prioritizes and accomplish other activities like paying bills, medical, dental check-up, etc. | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 8. Makes a schedule of daily activities at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 9. Performs effectively in organizing | | | | |

- | | | | | |
|--|----------------------------|----------------------------|----------------------------|----------------------------|
| family needs | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 10. Acquires the necessary resources to achieve the daily plan | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 11. Sets rules to be followed at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 12. Budgets the family income | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 13. Reassigns duties at the family members | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 14. Provides additional work to capable members of the family | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 15. Lessens the load to some incapable members of the family | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 16. Gives each member of the family an additional help when needed | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |

Leading

- | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. Demonstrates the proper way of doing work at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 2. Explains to the family members in understandable terms the reason/s for such action | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 3. Assists the family member in performing the proper way of doing work | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 4. Motivates children while working | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 5. Explains the goals to family members | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 6. Assigns the task or responsibilities to each member of the family (including the father) | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 7. Delegates specific task among children | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 8. Gives pointers for improvement in performing task at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |

Monitoring

- | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. Determines the level of performance of each member of the family | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 2. Sees to it that the daily goals are achieved | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 3. Monitors the progress of work being done at home | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 4. Ensures that the house rules are followed | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 5. Determines whether the tasks are done within the time frame | ☐ 4 | ☐ 3 | ☐ 2 | ☐ 1 |
| 6. Gives each member of the family enough time | | | | |

to accomplish the assigned task at home	☐ 4	☐ 3	☐ 2	☐ 1
7. Allows the child to perform assigned task alone	☐ 4	☐ 3	☐ 2	☐ 1
8. Acknowledges the results of the performed task	☐ 4	☐ 3	☐ 2	☐ 1
9. Observes how each family member accomplishes the task to be done	☐ 4	☐ 3	☐ 2	☐ 1
10. Provides incentives among family member for a job well done every once in a while	☐ 4	☐ 3	☐ 2	☐ 1
11. Gives praise to any member of the family who is able to accomplish a task	☐ 4	☐ 3	☐ 2	☐ 1

Part III. Home Activities of Mothers

Below is the list of the daily activities being done by mothers at home. Please check the corresponding box applicable to you.

Home Activities	Yes	No
1. Wake up early and get ready for the day's work	☐	☐
2. Cook meals for the family (breakfast, lunch and supper)	☐	☐
3. Prepare pack meals for the kids (and husband)	☐	☐
4. Wake up the kids and fix bed	☐	☐
5. Set the table for the family	☐	☐
6. Clean the table after meal	☐	☐
7. Wash the dishes	☐	☐
8. Bathe younger children and help get ready for school	☐	☐
9. Help the older children fix their things for school	☐	☐
10. Send the children to school	☐	☐
11. Market, buy grocery items and some household stuff	☐	☐
12. Put newly bought items into its proper places	☐	☐
13. Water the plants	☐	☐
14. Bathe and feed the pets	☐	☐
15. Clean the stove and other cooking materials	☐	☐
16. Clean the toilet	☐	☐
17. Clean/dust countertops	☐	☐
18. Sweep the house floor, yard and empty trash	☐	☐
19. Mop the floor	☐	☐

- | | | |
|--|--------------------------|--------------------------|
| 20. Fetch the kids from school | ☐ | ☐ |
| 21. Help the kids with their homework | ☐ | ☐ |
| 22. Delegate and teach simple house work to every member of the family | ☐ | ☐ |
| 23. Sort dirty clothes | ☐ | ☐ |
| 24. Wash the clothes | ☐ | ☐ |
| 25. Hang washed clothes | ☐ | ☐ |
| 26. Press dry clothes | ☐ | ☐ |
| 27. Fold and put clothes that do not need to be pressed into its proper places | ☐ | ☐ |
| 28. Spend some bonding moments with the family | ☐ | ☐ |
| 29. Get the children to bed | ☐ | ☐ |
| 30. Spend private time with the husband | ☐ | ☐ |

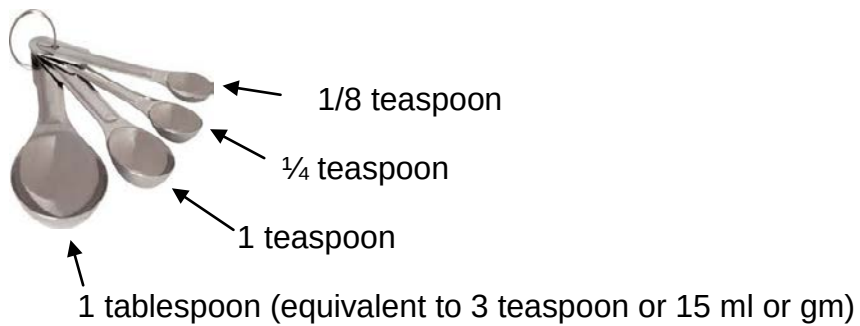
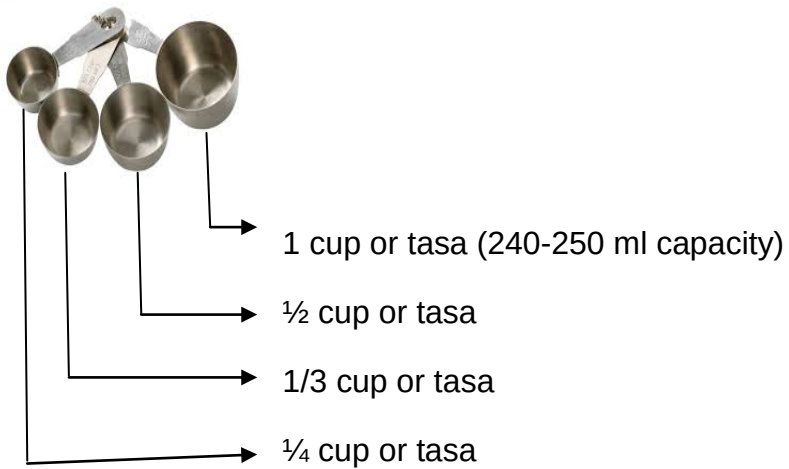
Part IV: Participant's 1 day diet record

Direction: Please record your one day food intake from breakfast to bedtime snack. Write the hour you take in your food with the corresponding measure. Thank you.

Example:

Date:		Day:	
Menu	Description of Ingredient(s)	Measure	
Breakfast: 6:30 a.m.			
Pinaksiw na Bangus	Bangus	1 regular slice o hiwa (1 inch thick)	
	Ampalaya	¼ cup	
Kanin	Sinangag	1 cup o karaniwang tasa	
Saging	Lacatan	1 piraso (1dangkal ang laki)	
AM Snack: 9:00 a.m.			
Liver spread sandwich	Gardenia regular loaf bread	2 pcs o piraso	
	RENO liver spread	1 ½ tablespoon	
Orange juice	Zesto	1 pc tetra regular size	

Note: Mga tulong sa pagkilala ng sukat



A look of a person using the standard measuring tools

Your 1 day food record/diary

Date:		Day:
Menu	Description of Ingredient(s)	Measure
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Bed time snack		

APPENDIX G

Interpretation of Mean for each of the performance indicated in the domains of Home Management

Mean	Interpretation
≥ 4.5	Always
3.5-4.49	Frequently
2.5-3.49	Sometimes
≤ 2.49	Never

APPENDIX H

Recommended Calories per kilo of body weight by Level of Physical Activities

Krause's Criteria Kcals/k Ideal Body Weight		Example of Activities
Bed rest but mobile	27.5	
Sedentary	30.0	Mostly sitting activities like cashier, secretary using computers, etc.
Light	35.0	Student, teacher, technician, engineer, wife with maids, house cleaning, childcare, etc.
Moderate	40.0	Wife w/o maids, vendor running on streets, jeepney drivers, carpenters, dancing etc.
Heavy	45.0	Walking activities carrying load uphill, heavy manual activities, miners, etc.

ABC's of Nutrition and Diet Therapy (Dellova C.V. et al., 2006)

APPENDIX I

Original Table of Interpretation of Diet Ratings
(Florencio, C and J Baclig in Florencio & Joven, 1985)

Ratings	Interpretation
$\geq 90\%$	Good
70%-89%	Fair
50%-69%	Poor
$\leq 49\%$	Very Poor

APPENDIX J

Sample computation of percentage adequacy

Note: The sample computation below included the determination of the required values which served as the standard in checking the Percentage Adequacy of Energy, Carbohydrate, Protein and Fat

1. A mother's data and one day food (nutrient) intake

Age: 30 years old

Height (meter): 1.52

Actual Weight (kilograms): 55

Physical Activity (working or non-working considering the number of children):
nonworking with 3 children assessed as having light activity

One day diet intake in terms of:

Total Energy = 1,378.5 kilocalories

Carbohydrate = 220.032 grams Thiamine = .25925 mg

Protein = 32.84 grams Niacin = 12.075 mg

Fat = 42.57 grams Riboflavin = .44755 mg

Note: values were computed with the aid of the Food Exchange Lists and the Food Composition Table as explained in Appendix K.

2. Determination of the ideal body weight using the BMI (Body Mass Index) derived formula.

BMI derived = height in meter² X standard weight

Where, standard weight for female = 20.8 or 21 kg/m²

Thus, Ideal weight = 2.3 meter² X 20.8 kg/m²

= 48.048 or **48 kg**

3. Determination of the standard values

Total Energy Requirement (TER) using the Recommended Calories/kilo Body Weight by Level of Physical Activity using Krause (Appendix I).

TER = kilocalorie/kilo of desirable body weight X ideal weight/day in kilo

Thus, TER = 35.0 kilocalorie/kilo X 48 kilo

= 1,680 or 1,700 kilocalories (rounded to the nearest 50 as a standard rule)

Determination of the Carbohydrate, Protein and Fat requirement out of the 1,700 kilocalorie requirement using the table above.

Carbohydrate in grams = $(1,700 \text{ kcal} \times .55) / 4 \text{ kcal/gram} = 234$

Protein in grams = $(1,700 \text{ kcal} \times .15) / 4 \text{ kcal/gram} = 64$

Fat in grams = $(1,700 \text{ kcal} \times .30) / 9 \text{ kcal/gram} = 57$

Therefore our set standard for this mother in terms of Energy, Carbohydrate, Protein and Fat are:

Energy (kilocalories) = 1, 700

Carbohydrate (grams) = 234

Protein (grams) = 64

Fat (grams) = 57

Note: Same procedure applies to the rest of the nutrients

APPENDIX K

Recommended Energy and Nutrient Intake for Filipinos

Recommended Energy and Nutrient Intakes for Filipinos, RENI												
Population group	Weight (kg)	Energy (kcal)	Protein (g)	Vitamin A (mg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Folate (µg DFE)	Calcium (mg)	Iron (mg)	Iodine (µg)
Infants, mo												
Birth -< 6	6	560	9	375	30	0.2	0.03	1.5	65	200	0.38	90
6 to 12	9	720	14	400	30	0.4	0.4	5	80	400	10	90
Children, y												
1-3	13	1070	28	400	30	0.5	0.5	6	160	500	8	90
4-6	19	1410	38	400	30	0.6	0.6	7	200	550	9	90
7-9	24	1600	43	400	35	0.7	0.7	9	300	700	11	120
Males, y												
10-12	34	2140	54	400	45	0.9	1.0	12	400	1000	13	120
13-15	50	2800	71	550	65	1.2	1.3	16	400	1000	20	150
16-18	58	2840	73	600	75	1.4	1.5	16	400	1000	14	150
19-29	59	2490	67	550	75	1.2	1.3	16	400	750	12	150
30-49	59	2420	67	550	75	1.2	1.3	16	400	750	12	150
50-64	59	2170	67	550	75	1.2	1.3	16	400	750	12	150
65+	59	1890	67	550	75	1.2	1.3	16	400	800	12	150
Females, y												
10-12	35	1920	49	400	45	0.9	0.9	12	400	1000	19	120
13-15	40	2250	63	450	65	1.0	1.0	14	400	1000	21	150
16-18	50	2050	59	450	70	1.1	1.1	14	400	1000	27	150
19-29	51	1860	58	500	70	1.1	1.1	14	400	750	27	150
30-49	51	1810	58	500	70	1.1	1.1	14	400	750	27	150
50-64	51	1620	58	500	70	1.1	1.1	14	400	800	27	150
65+	51	1410	58	500	70	1.1	1.1	14	400	800	10	150
Pregnant												
<i>Trimester</i>												
First			66	800	80	1.4	1.7	18	600	800	27	200
Second		+300	66	800	80	1.4	1.7	18	600	800	34	200
Third		+300	66	800	80	1.4	1.7	18	600	800	38	200
Lactating												
1 st 6 months		+500	81	900	105	1.5	1.7	17	500	750	27	200
2 nd 6 months		+500	76	900	100	1.5	1.7	17	500	750	30	200

PNRI 9009 data, ppt table created by foodrecop.net

Source:http://fnri.dost.gov.ph/index.php?option=com_content&task=view&id=1122&Itemid=99999999

APPENDIX L

Answered Instrument's Evaluation Form

Outstanding 4 *Highly Satisfactory* 3
Satisfactory 2 *Needs Improvement* 1

Format and Design

LAC RO CS

1. The printing is clear and readable.	3	4	4
2. The quality of the paper is acceptable.	3	4	4
3. The layout is attractive and uniform.	3	3	4
4. The fonts used are comprehensible and appropriate.	2	4	4
5. The spacing on the pages contributes to the ease of reading and responding.	1	4	4

Language and Style

1. The language and style is appropriate.	3	3	4
2. The language used is consistent.	3	3	4
3. The checklist is free from grammatical errors.	3	3	4
4. The sentences are properly constructed and punctuated.	3	3	4
5. The words used in the checklist are simple and easy to understand.	3	3	4

Content

1. The items are factual and objective.	3	4	3
2. The items are free from ideological, sexual, and racial bias.	3	4	3
3. The items reflect a typical mother's daily life situations.	3	3	3
4. The items are independent and do not overlap.	3	3	3
5. The items are realistic and clearly describe the tasks which a typical mother performs at home on a daily basis.	3	3	3

APPENDIX M

Survey Result

G	AGE	HT(m)	Wt(kg)	CHLD	INC	ETH	P1	P2	P3
0.00	30.00	1.52	50.00	2.00	1.00	0.00	4.00	4.00	3.00
0.00	25.00	1.65	65.00	1.00	2.00	1.00	3.00	3.00	4.00
0.00	34.00	1.65	63.00	3.00	1.00	1.00	2.00	2.00	4.00
0.00	40.00	1.60	57.00	3.00	5.00	1.00	4.00	4.00	4.00
0.00	34.00	1.57	52.00	3.00	1.00	1.00	3.00	3.00	4.00
0.00	30.00	1.52	55.00	3.00	1.00	0.00	3.00	4.00	3.00
0.00	35.00	1.52	48.00	2.00	1.00	0.00	3.00	3.00	3.00
0.00	40.00	1.55	54.50	4.00	0.00	0.00	3.00	3.00	4.00
0.00	38.00	1.57	52.00	3.00	0.00	0.00	4.00	4.00	2.00
0.00	40.00	1.52	50.00	3.00	0.00	0.00	4.00	4.00	4.00
0.00	35.00	1.63	73.00	1.00	0.00	0.00	4.00	4.00	4.00
0.00	33.00	1.60	50.00	2.00	0.00	0.00	4.00	3.00	2.00
0.00	30.00	1.57	52.00	3.00	0.00	0.00	4.00	2.00	3.00
0.00	38.00	1.63	68.00	4.00	0.00	0.00	4.00	4.00	4.00
0.00	35.00	1.68	72.70	2.00	0.00	0.00	4.00	4.00	3.00
1.00	29.00	1.68	62.00	3.00	1.00	0.00	4.00	3.00	2.00
1.00	40.00	1.52	76.80	2.00	1.00	0.00	3.00	4.00	3.00
1.00	36.00	1.57	59.00	3.00	2.00	0.00	4.00	3.00	4.00
1.00	32.00	1.57	45.00	1.00	2.00	0.00	4.00	3.00	3.00
1.00	38.00	2.03	61.00	3.00	3.00	3.00	4.00	4.00	4.00
1.00	40.00	1.68	50.00	3.00	2.00	4.00	3.00	4.00	4.00
1.00	26.00	1.63	50.00	2.00	3.00	3.00	3.00	4.00	4.00
1.00	38.00	1.57	80.00	1.00	1.00	4.00	2.00	4.00	4.00
1.00	38.00	1.57	60.00	4.00	1.00	3.00	4.00	3.00	3.00
1.00	31.00	1.65	50.00	3.00	1.00	0.00	3.00	3.00	2.00
1.00	25.00	1.60	55.00	1.00	3.00	0.00	4.00	4.00	4.00
1.00	39.00	1.57	45.00	2.00	5.00	0.00	3.00	3.00	3.00
1.00	34.00	1.63	65.00	4.00	3.00	1.00	3.00	3.00	3.00
1.00	32.00	1.52	55.00	2.00	1.00	4.00	3.00	4.00	4.00
1.00	40.00	1.50	55.00	2.00	1.00	4.00	4.00	4.00	2.00

P4	P5	P6	P7	P8	P9	P10	O11	O12	O13
2.00	2.00	4.00	2.00	2.00	3.00	2.00	4.00	3.00	2.00
4.00	3.00	3.00	4.00	3.00	3.00	3.00	3.00	4.00	4.00
1.00	2.00	4.00	4.00	2.00	4.00	4.00	1.00	4.00	3.00
3.00	3.00	3.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00
3.00	3.00	3.00	4.00	4.00	3.00	3.00	3.00	4.00	3.00
3.00	2.00	2.00	4.00	4.00	2.00	2.00	2.00	3.00	2.00
3.00	3.00	3.00	3.00	3.00	3.00	2.00	3.00	4.00	4.00
4.00	4.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00	4.00
4.00	3.00	3.00	3.00	4.00	3.00	4.00	4.00	3.00	4.00
3.00	4.00	4.00	4.00	4.00	3.00	3.00	2.00	4.00	4.00
4.00	3.00	3.00	4.00	4.00	3.00	3.00	4.00	2.00	4.00
2.00	3.00	4.00	3.00	1.00	2.00	1.00	3.00	2.00	4.00
4.00	4.00	2.00	4.00	4.00	4.00	3.00	3.00	4.00	4.00
3.00	4.00	4.00	4.00	3.00	2.00	3.00	2.00	2.00	2.00
3.00	3.00	3.00	4.00	3.00	3.00	3.00	3.00	3.00	3.00
4.00	4.00	4.00	3.00	1.00	1.00	4.00	4.00	2.00	3.00
3.00	4.00	2.00	3.00	4.00	4.00	3.00	4.00	3.00	4.00
4.00	4.00	3.00	4.00	4.00	4.00	3.00	3.00	2.00	3.00
3.00	4.00	3.00	3.00	4.00	2.00	4.00	4.00	3.00	4.00
3.00	3.00	4.00	4.00	4.00	3.00	3.00	4.00	4.00	3.00
4.00	4.00	4.00	3.00	4.00	3.00	4.00	4.00	4.00	4.00
4.00	4.00	4.00	3.00	4.00	4.00	3.00	4.00	4.00	4.00
4.00	4.00	4.00	2.00	4.00	2.00	4.00	2.00	2.00	4.00
4.00	4.00	4.00	3.00	3.00	2.00	3.00	4.00	4.00	4.00
3.00	3.00	4.00	3.00	2.00	4.00	3.00	4.00	3.00	4.00
3.00	4.00	4.00	4.00	3.00	4.00	4.00	3.00	4.00	4.00
2.00	2.00	1.00	3.00	2.00	2.00	2.00	2.00	4.00	4.00
3.00	3.00	3.00	3.00	3.00	3.00	3.00	4.00	4.00	4.00
3.00	4.00	4.00	3.00	4.00	3.00	3.00	4.00	3.00	3.00
3.00	3.00	4.00	3.00	2.00	4.00	4.00	2.00	3.00	3.00

O14	O15	O16	O17	O18	O19	O20	D21	D22	D23
3.00	2.00	3.00	3.00	2.00	3.00	3.00	2.00	2.00	3.00
4.00	4.00	4.00	3.00	4.00	4.00	3.00	4.00	4.00	4.00
3.00	2.00	3.00	2.00	3.00	3.00	2.00	4.00	3.00	3.00
4.00	3.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00
3.00	4.00	4.00	4.00	3.00	4.00	3.00	3.00	4.00	4.00
2.00	3.00	4.00	2.00	2.00	3.00	2.00	3.00	3.00	2.00
3.00	2.00	4.00	4.00	4.00	4.00	3.00	4.00	4.00	4.00
4.00	4.00	4.00	4.00	3.00	4.00	4.00	4.00	2.00	2.00
3.00	4.00	4.00	3.00	4.00	4.00	3.00	4.00	4.00	4.00
3.00	4.00	3.00	4.00	3.00	4.00	4.00	2.00	3.00	2.00
4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00
3.00	2.00	2.00	1.00	2.00	4.00	2.00	3.00	2.00	4.00
2.00	3.00	3.00	4.00	3.00	4.00	4.00	2.00	4.00	3.00
2.00	4.00	4.00	4.00	3.00	4.00	3.00	2.00	3.00	2.00
3.00	4.00	4.00	3.00	3.00	4.00	4.00	4.00	4.00	3.00
4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00
3.00	3.00	4.00	4.00	3.00	3.00	3.00	3.00	3.00	4.00
2.00	3.00	4.00	4.00	2.00	4.00	3.00	4.00	4.00	4.00
3.00	3.00	3.00	4.00	4.00	4.00	4.00	4.00	3.00	4.00
4.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00	4.00	4.00
2.00	4.00	4.00	3.00	4.00	3.00	4.00	3.00	4.00	4.00
4.00	4.00	4.00	3.00	4.00	4.00	3.00	2.00	2.00	4.00
2.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00	4.00	4.00
4.00	4.00	3.00	3.00	3.00	3.00	4.00	4.00	4.00	2.00
2.00	3.00	4.00	4.00	4.00	3.00	3.00	4.00	4.00	3.00
4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00
4.00	2.00	4.00	4.00	1.00	4.00	3.00	2.00	4.00	4.00
4.00	4.00	4.00	4.00	4.00	4.00	4.00	2.00	2.00	2.00
3.00	4.00	4.00	3.00	3.00	3.00	4.00	4.00	4.00	3.00
4.00	4.00	4.00	3.00	4.00	4.00	3.00	4.00	3.00	3.00

D24	D25	D26	D27	D28	D29	D30	C31	C32	C33
3.00	3.00	2.00	2.00	3.00	2.00	3.00	2.00	2.00	3.00
4.00	4.00	3.00	3.00	4.00	3.00	3.00	4.00	4.00	4.00
3.00	2.00	2.00	3.00	3.00	4.00	4.00	3.00	3.00	3.00
4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00	4.00
3.00	3.00	4.00	4.00	4.00	3.00	4.00	3.00	3.00	3.00
2.00	1.00	2.00	1.00	2.00	2.00	2.00	2.00	3.00	3.00
3.00	3.00	3.00	4.00	4.00	4.00	3.00	3.00	3.00	3.00
4.00	4.00	3.00	3.00	3.00	4.00	4.00	4.00	4.00	3.00
4.00	4.00	4.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00
4.00	4.00	4.00	3.00	4.00	2.00	4.00	3.00	4.00	4.00
4.00	4.00	4.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00
3.00	2.00	3.00	2.00	2.00	1.00	3.00	3.00	2.00	3.00
2.00	2.00	4.00	3.00	3.00	3.00	4.00	3.00	3.00	3.00
3.00	2.00	4.00	2.00	4.00	1.00	3.00	2.00	4.00	4.00
4.00	4.00	4.00	4.00	4.00	2.00	4.00	3.00	4.00	2.00
4.00	3.00	3.00	4.00	4.00	4.00	4.00	4.00	3.00	3.00
4.00	3.00	4.00	2.00	3.00	3.00	3.00	4.00	4.00	3.00
3.00	3.00	3.00	3.00	4.00	3.00	4.00	3.00	4.00	4.00
4.00	3.00	4.00	4.00	4.00	3.00	4.00	4.00	3.00	4.00
3.00	4.00	4.00	3.00	3.00	4.00	3.00	3.00	3.00	3.00
3.00	4.00	3.00	4.00	2.00	3.00	4.00	4.00	4.00	4.00
3.00	3.00	3.00	4.00	4.00	4.00	3.00	3.00	4.00	3.00
2.00	4.00	4.00	4.00	2.00	4.00	2.00	2.00	4.00	4.00
4.00	4.00	2.00	4.00	4.00	3.00	3.00	3.00	4.00	4.00
3.00	4.00	2.00	3.00	4.00	3.00	4.00	4.00	3.00	4.00
4.00	4.00	4.00	4.00	4.00	3.00	4.00	4.00	4.00	4.00
4.00	1.00	4.00	2.00	2.00	3.00	4.00	2.00	2.00	3.00
2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00
3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
3.00	4.00	4.00	4.00	3.00	3.00	4.00	4.00	4.00	4.00

C34	C35	C36	C37	C38	C39	C40	ENE(A)	ENE(R)
3.00	2.00	2.00	3.00	2.00	2.00	2.00	1,821.43	1,700.00
3.00	3.00	3.00	3.00	3.00	3.00	4.00	2,741.40	1,700.00
2.00	2.00	2.00	2.00	3.00	3.00	4.00	1,725.80	2,000.00
4.00	4.00	4.00	4.00	4.00	4.00	4.00	2,313.95	1,900.00
3.00	3.00	3.00	3.00	3.00	3.00	3.00	1,411.10	1,800.00
2.00	2.00	3.00	2.00	2.00	2.00	3.00	1,378.50	1,700.00
4.00	3.00	3.00	3.00	3.00	3.00	4.00	1,962.25	1,700.00
3.00	3.00	2.00	2.00	4.00	2.00	4.00	1,467.51	1,750.00
4.00	4.00	4.00	4.00	3.00	4.00	4.00	945.25	1,800.00
4.00	3.00	4.00	2.00	4.00	4.00	4.00	878.90	1,700.00
4.00	4.00	4.00	3.00	4.00	3.00	4.00	944.70	1,650.00
2.00	3.00	3.00	2.00	2.00	3.00	1.00	1,557.75	1,900.00
4.00	4.00	2.00	1.00	1.00	1.00	4.00	1,033.30	1,800.00
4.00	1.00	4.00	2.00	2.00	4.00	4.00	1,645.15	1,950.00
3.00	3.00	2.00	2.00	3.00	3.00	4.00	1,880.13	2,050.00
3.00	2.00	2.00	4.00	4.00	4.00	4.00	1,903.55	2,050.00
3.00	3.00	4.00	3.00	4.00	3.00	3.00	1,437.00	1,900.00

3.00	3.00	4.00	3.00	3.00	3.00	4.00	1,729.51	1,800.00
3.00	4.00	3.00	4.00	4.00	3.00	3.00	1,839.20	1,800.00
4.00	3.00	2.00	4.00	4.00	3.00	4.00	1,849.25	1,750.00
4.00	3.00	4.00	3.00	3.00	3.00	2.00	995.35	2,020.00
3.00	3.00	2.00	2.00	1.00	2.00	4.00	1,518.60	1,950.00
4.00	4.00	2.00	2.00	3.00	4.00	2.00	792.30	1,800.00
3.00	3.00	4.00	4.00	4.00	4.00	4.00	2,494.32	2,100.00
3.00	2.00	3.00	3.00	3.00	3.00	3.00	1,027.30	2,300.00
4.00	4.00	4.00	4.00	3.00	4.00	4.00	2,584.70	1,900.00
2.00	2.00	2.00	2.00	4.00	2.00	4.00	1,637.37	1,800.00
2.00	2.00	2.00	2.00	2.00	2.00	2.00	2,058.48	2,200.00
3.00	3.00	3.00	3.00	4.00	2.00	3.00	2,214.70	1,700.00
3.00	3.00	3.00	2.00	2.00	4.00	4.00	1,778.84	2,000.00

ENE(P)	ENE(X)	CHO(A)	CHO(R)	CHO(P)	CHO(X)	PRO(A)	PRO(R)
107.14	3.00	198.81	234.00	84.96	2.00	50.22	64.00
161.26	3.00	330.77	234.00	141.35	3.00	88.12	64.00
86.29	2.00	232.48	275.00	84.54	2.00	56.79	75.00
121.79	3.00	378.01	261.00	144.83	3.00	93.81	71.00
78.39	2.00	159.42	248.00	8.86	1.00	50.62	68.00
81.09	2.00	220.03	234.00	94.03	3.00	32.84	64.00
115.43	3.00	254.99	234.00	108.97	3.00	50.99	64.00
83.86	2.00	246.19	241.00	102.16	3.00	32.24	66.00
52.51	1.00	165.24	248.00	66.63	1.00	21.03	68.00
51.70	1.00	131.90	234.00	56.37	1.00	29.31	64.00
57.25	1.00	141.47	227.00	62.32	1.00	26.96	62.00
81.99	2.00	274.15	261.00	105.04	3.00	43.23	71.00
57.41	1.00	175.45	247.00	71.03	2.00	32.51	68.00
84.37	2.00	307.56	268.00	114.76	3.00	44.29	73.00
91.71	3.00	265.13	281.00	94.35	3.00	72.45	77.00
92.86	3.00	314.31	282.00	111.46	3.00	51.32	77.00
75.63	2.00	190.45	261.00	72.97	2.00	40.98	71.00
96.08	3.00	250.18	248.00	100.88	3.00	38.10	68.00
102.18	3.00	255.15	248.00	102.88	3.00	52.49	68.00
105.67	3.00	273.90	240.00	114.12	3.00	69.11	66.00
48.55	1.00	190.10	281.00	67.65	1.00	29.21	77.00
77.88	2.00	260.25	268.00	97.11	3.00	57.99	73.00
44.02	1.00	134.85	248.00	54.38	1.00	26.74	68.00
118.78	3.00	381.41	289.00	131.98	3.00	73.53	79.00

44.67	1.00	155.80	316.00	49.30	1.00	38.22	86.00
136.04	3.00	369.47	261.00	141.56	3.00	75.49	71.00
90.97	3.00	200.05	248.00	80.67	2.00	61.64	68.00
93.57	3.00	156.32	303.00	51.59	1.00	67.69	83.00
130.28	3.00	344.71	234.00	147.31	3.00	42.98	64.00
88.94	2.00	259.98	275.00	94.54	3.00	47.94	75.00

PRO(P)	PRO(X)	FAT(A)	FAT(R)	FAT(P)	FAT(X)	B1(A)	B1(R)	B1(P)
78.47	2.00	103.98	57.00	182.42	3.00	0.62	1.10	56.79
137.69	3.00	92.46	57.00	162.20	3.00	2.63	1.10	239.27
75.71	2.00	54.38	67.00	81.16	2.00	1.07	1.10	97.32
132.13	3.00	47.33	63.00	75.12	2.00	0.82	1.10	75.59
74.45	2.00	59.75	60.00	99.58	3.00	0.65	1.10	58.68
51.31	1.00	42.57	57.00	74.68	2.00	0.26	1.10	23.57
79.66	2.00	84.41	57.00	144.58	3.00	6.62	1.10	601.86
48.85	1.00	39.59	58.00	68.27	1.00	0.42	1.10	38.52
30.93	1.00	22.21	60.00	37.01	1.00	0.35	1.10	32.21
45.80	1.00	26.03	57.00	45.67	1.00	0.27	1.10	24.91
43.48	1.00	30.09	55.00	54.70	1.00	0.37	1.10	33.58
60.89	1.00	31.42	63.00	49.87	1.00	0.64	1.10	58.00
47.81	1.00	15.31	60.00	25.52	1.00	0.53	1.10	47.91
60.67	1.00	37.77	65.00	58.11	1.00	0.55	1.10	49.64
94.09	3.00	58.93	68.00	86.65	2.00	0.69	1.10	62.55
66.65	1.00	48.97	68.00	72.02	2.00	0.90	1.10	81.51
57.71	1.00	58.89	63.00	93.48	3.00	0.43	1.10	39.11
56.02	1.00	64.66	60.00	107.76	3.00	0.49	1.10	44.15
77.18	2.00	62.60	60.00	104.34	3.00	0.37	1.10	33.41
104.70	3.00	53.41	58.00	92.09	3.00	6.77	1.10	615.00
37.94	1.00	13.10	68.00	19.26	1.00	0.51	1.10	46.09
79.43	2.00	27.32	65.00	42.03	1.00	0.39	1.10	35.55
39.32	1.00	16.18	60.00	26.97	1.00	0.30	1.10	27.45
93.08	3.00	74.69	70.00	106.70	3.00	0.65	1.10	59.08

44.44	1.00	28.37	77.00	36.84	1.00	0.22	1.10	19.77
106.33	3.00	89.59	63.00	142.20	3.00	1.34	1.10	121.91
90.64	3.00	78.09	60.00	130.15	3.00	0.53	1.10	48.35
81.56	2.00	91.06	73.00	124.73	3.00	0.73	1.10	66.29
67.16	1.00	73.87	57.00	129.60	3.00	0.47	1.10	42.32
63.92	1.00	61.08	67.00	91.16	3.00	0.97	1.10	88.00

B1(X)	B2(A)	B2(R)	B2(P)	B2(X)	B3(A)	B3(R)	B3(P)	B3(X)
1.00	0.72	1.10	65.52	1.00	16.43	14.00	117.36	3.00
3.00	2.43	1.10	221.27	3.00	46.63	14.00	333.04	3.00
3.00	0.33	1.10	30.14	1.00	21.91	14.00	156.46	3.00
2.00	1.32	1.10	119.74	3.00	46.38	14.00	331.27	3.00
1.00	0.65	1.10	59.52	1.00	19.27	14.00	137.63	3.00
1.00	0.45	1.10	40.69	1.00	12.08	14.00	86.25	2.00
3.00	0.51	1.10	46.36	1.00	21.45	14.00	153.21	3.00
1.00	0.35	1.10	31.46	1.00	16.83	14.00	120.22	3.00
1.00	0.27	1.10	24.80	1.00	9.02	14.00	64.43	1.00
1.00	0.47	1.10	42.64	1.00	10.32	14.00	73.71	2.00
1.00	0.32	1.10	28.87	1.00	10.07	14.00	71.95	2.00
1.00	0.59	1.10	53.19	1.00	18.27	14.00	130.49	3.00
1.00	0.53	1.10	48.55	1.00	12.54	14.00	89.57	2.00
1.00	0.88	1.10	79.64	2.00	18.58	14.00	132.71	3.00
1.00	1.07	1.10	97.05	3.00	32.63	14.00	233.10	3.00
2.00	0.90	1.10	81.76	2.00	24.40	14.00	174.31	3.00
1.00	0.43	1.10	38.93	1.00	16.96	14.00	121.14	3.00

1.00	0.51	1.10	46.29	1.00	13.31	14.00	95.04	3.00
1.00	0.43	1.10	39.05	1.00	20.63	14.00	147.36	3.00
3.00	1.03	1.10	93.36	3.00	31.56	14.00	225.41	3.00
1.00	0.70	1.10	63.27	1.00	14.26	14.00	101.82	3.00
1.00	0.48	1.10	43.27	1.00	25.39	14.00	181.36	3.00
1.00	0.33	1.10	30.36	1.00	12.20	14.00	87.14	2.00
1.00	1.63	1.10	147.86	3.00	24.60	14.00	175.71	3.00
1.00	0.21	1.10	19.18	1.00	19.99	14.00	142.75	3.00
3.00	1.26	1.10	114.28	3.00	27.30	14.00	195.03	3.00
1.00	0.93	1.10	84.35	2.00	20.55	14.00	146.80	3.00
1.00	0.82	1.10	74.89	2.00	23.43	14.00	167.33	3.00
1.00	0.53	1.10	48.05	1.00	15.70	14.00	112.11	3.00
2.00	0.50	1.10	45.64	1.00	23.06	14.00	164.74	3.00

APPENDIX N

The International Classification of adult underweight, overweight and obesity according to BMI (Body Mass Index)

Classificaion	BMI(kg/m ²) Principal cut-off points
Underweight	<18.50
Severe thinness	<16.00
Moderate thinness	16.00 - 16.99
Mild thinness	17.00 - 18.49
Normal range	18.50 - 24.99
Overweight	≥25.00
Pre-obese	25.00 - 29.99
Obese	≥30.00
Obese class I	30.00 - 34.99
Obese class II	35.00 - 39.99
	≥40.00

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004.

APPENDIX O

Tally of the one day food consumption by the non-working and working mothers

Food Groups	Non-working		Working	
	Preference	Frequency and mode of consumption	Preference	Frequency and mode of consumption
Vegetables	12		8	
Fresh				2
Grilled		1		
Boiled		8		5
Sautéed		6		8
Processed				
Alternative source (milo)		4		2
Fruit	6		6	
Fresh		4		4
Cooked		1		3
Sugar and its products	6		6	
As is		8		9
Candy				
Sodas				1
Fruit juice		3		1

Rice and its alternative	15		14	
Plain		30		35
Porridge		4		4
Pasta		1		2
Home cooked noodles				2
Instant noodles		3		2
Bread		18		20
Rootcrops		2		2
Mini cakes and biscuits		4		6
Milk	3		2	
Whole		1		1
Non-fat				
As an ingredient		4		1
Coffee	4		5	
Black				
With sugar				
3 in 1		5		7
Egg	6		6	
Cooked plain		1		1
Fried		6		6

Fish	9		9	
Poached		5		3
Fried		4		6
Chicken	5		9	
Stew		3		9
Fried		2		1
Grilled		1		
Pork	6		10	
Stew		6		11
Fried		1		1
Grilled				1
Beef			1	
Stew				
Fried				
Grilled				1
Processed meat	4		6	
Unsweetened		2		6
Sweetened		4		1
Fat and its products	14		17	

Oil				
Butter		23		18
Margarine		1		1
Spread				
Mayonnaise		1		1
		1		1
Cheese, as is	1		2	
Bagoong	1			
Chips			2	
Nuts			1	
Seafoods			3	

APPENDIX P

Calories burned in 30 minutes for people of three different weights

<http://www.health.harvard.edu/heart>

	125 pound person	155 pound person	185 pound person
Gym Activities			
Weight Lifting: general	90	112	133
Aerobics: water	120	149	178
Stretching, Hatha Yoga	120	149	178
Calisthenics: moderate	135	167	200
Riders: general (ie., HealthRider)	150	186	222
Aerobics: low impact	165	205	244
Stair Step Machine: general	180	223	266
Teaching aerobics	180	223	266
Weight Lifting: vigorous	180	223	266
Aerobics, Step: low impact	210	260	311
Aerobics: high impact	210	260	311
Bicycling, Stationery: moderate	210	260	311
Rowing, Stationery: moderate	210	260	311
Calisthenics: vigorous	240	298	355
Circuit Training: general	240	298	355
Rowing, Stationery: vigorous	255	316	377
Elliptical Trainer: general	270	335	400
Ski Machine: general	285	353	422
Aerobics, Step: high impact	300	372	444
Bicycling, Stationery: vigorous	315	391	466

Training and Sport Activities			
Billiards	75	93	111
Bowling	90	112	133
Dancing: slow, waltz, foxtrot	90	112	133
Frisbee	90	112	133
Volleyball: non-competitive, general play	90	112	133
Water Volleyball	90	112	133
Archery: non-hunting	105	130	155
Golf: using cart	105	130	155
Hang Gliding	105	130	155
Curling	120	149	178
Gymnastics: general	120	149	178
Horseback Riding: general	120	149	178
Tai Chi	120	149	178
Volleyball: competitive, gymnasium play	120	149	178
Walk: 3.5 mph (17 min/mi)	120	149	178
Badminton: general	135	167	200
Walk: 4 mph (15 min/mi)	135	167	200
Kayaking	150	186	222
Skateboarding	150	186	222
Snorkeling	150	186	222
Softball: general play	150	186	222
Walk: 4.5 mph (13 min/mi)	150	186	222
Whitewater: rafting, kayaking	150	186	222
Dancing: disco, ballroom, square	165	205	244

Golf: carrying clubs	165	205	244
Dancing: Fast, ballet, twist	180	223	266
Fencing	180	223	266
Hiking: cross-country	180	223	266
Skiing: downhill	180	223	266
Swimming: general	180	223	266
Walk/Jog: jog <10 min.	180	223	266
Water Skiing	180	223	266
Wrestling	180	223	266
Basketball: wheelchair	195	242	289
Race Walking	195	242	289
Ice Skating: general	210	260	311
Racquetball: casual, general	210	260	311
Rollerblade Skating	210	260	311
Scuba or skin diving	210	260	311
Sledding, luge, toboggan	210	260	311
Soccer: general	210	260	311
Tennis: general	210	260	311
Basketball: playing a game	240	298	355
Bicycling: 12-13.9 mph	240	298	355
Football: touch, flag, general	240	298	355
Hockey: field & ice	240	298	355
Rock Climbing: rappelling	240	298	355
Running: 5 mph (12 min/mile)	240	298	355
Running: pushing wheelchair, marathon wheeling	240	298	355
Skiing: cross-country	240	298	355
Snow Shoeing	240	298	355

Swimming: backstroke	240	298	355
Volleyball: beach	240	298	355
Bicycling: BMX or mountain	255	316	377
Boxing: sparring	270	335	400
Football: competitive	270	335	400
Orienteering	270	335	400
Running: 5.2 mph (11.5 min/mile)	270	335	400
Running: cross-country	270	335	400
Bicycling: 14-15.9 mph	300	372	444
Martial Arts: judo, karate, kickbox	300	372	444
Racquetball: competitive	300	372	444
Rope Jumping	300	372	444
Running: 6 mph (10 min/mile)	300	372	444
Swimming: breaststroke	300	372	444
Swimming: laps, vigorous	300	372	444
Swimming: treading, vigorous	300	372	444
Water Polo	300	372	444
Rock Climbing: ascending	330	409	488
Running: 6.7 mph (9 min/mile)	330	409	488
Swimming: butterfly	330	409	488
Swimming: crawl	330	409	488
Bicycling: 16-19 mph	360	446	533
Handball: general	360	446	533
Running: 7.5 mph (8 min/mile)	375	465	555
Running: 8.6 mph (7 min/mile)	435	539	644
Bicycling: > 20 mph	495	614	733
Running: 10 mph (6 min/mile)	495	614	733

Outdoor Activities			
Planting seedlings, shrubs	120	149	178
Raking Lawn	120	149	178
Sacking grass or leaves	120	149	178
Gardening: general	135	167	200
Mowing Lawn: push, power	135	167	200
Operate Snow Blower: walking	135	167	200
Plant trees	135	167	200
Gardening: weeding	139	172	205
Carrying & stacking wood	150	186	222
Digging, spading dirt	150	186	222
Laying sod / crushed rock	150	186	222
Mowing Lawn: push, hand	165	205	244
Chopping & splitting wood	180	223	266
Shoveling Snow: by hand	180	223	266
Home & Daily Life Activities			
Sleeping	19	23	28
Watching TV	23	28	33
Reading: sitting	34	42	50
Standing in line	38	47	56
Cooking	75	93	111
Child-care: bathing, feeding, etc.	105	130	155
Food Shopping: with cart	105	130	155
Moving: unpacking	105	130	155
Playing w/kids: moderate effort	120	149	178

Heavy Cleaning: wash car, windows	135	167	200
Child games: hop-scotch, jacks, etc.	150	186	222
Playing w/kids: vigorous effort	150	186	222
Moving: household furniture	180	223	266
Moving: carrying boxes	210	260	311
Home Repair			
Auto Repair	90	112	133
Wiring and Plumbing	90	112	133
Carpentry: refinish furniture	135	167	200
Lay or remove carpet/tile	135	167	200
Paint, paper, remodel: inside	135	167	200
Cleaning rain gutters	150	186	222
Hanging storm windows	150	186	222
Paint house: outside	150	186	222
Carpentry: outside	180	223	266
Roofing	180	223	266
Occupational Activities			
Computer Work	41	51	61
Light Office Work	45	56	67
Sitting in Meetings	49	60	72
Desk Work	53	65	78
Sitting in Class	53	65	78
Truck Driving: sitting	60	74	89
Bartending/Server	75	93	111
Heavy Equip. Operator	75	93	111

Police Officer	75	93	111
Theater Work	90	112	133
Welding	90	112	133
Carpentry Work	105	130	155
Coaching Sports	120	149	178
Masseur, standing	120	149	178
Construction, general	165	205	244
Coal Mining	180	223	266
Horse Grooming	180	223	266
Masonry	210	260	311
Forestry, general	240	298	355
Heavy Tools, not power	240	298	355
Steel Mill: general	240	298	355
Firefighting	360	446	533

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Food Ingredients Innovation: The Science of Food
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Year 2013

Year 2012

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Polytechnic University of the Philippines

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“Pre-Conception Nutrition and Meal Planning for Career Women”

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February to March 2009

February to March 2008

February to March 2007

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Roche Philippines

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Health.care

Volume 9, Issue 6 November-December 2011

CERTIFICATION

To Whom It May Concern:

This is to certify that I, **Marilyn M. Ignacio** proofread and edited the manuscript of **JOAN Z. CORAÑES**, entitled: "Diet and Home Management Practices of Mothers".

This certification is issued upon the request of **Mrs. Corañes** for whatever purpose it may serve her best in the completion of her degree in Master of Arts in Education with Specialization in Health at the Philippine Normal University-Manila.

Very truly yours,



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