

ABSTRACT

RAGAY, MARK JOSEPH A., EUFRACIO, MARVIN JOSEPH SJ., BARES, NASER I., AREJOLA, LEMUEL J. 2015. Mariners' Polytechnic Colleges, Panganiban Drive, Naga City. "Acceptability of Squash Veggie and Cheese Ice Cream Among Teenagers in Naga City".

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The study was conducted to assess the acceptability of squash veggie and cheese ice cream in Naga City among teenagers. Specifically, the study aimed to answer the following questions: 1.) what is the process of preparing squash veggie and cheese ice cream? 2.) What are the perceived benefits of squash veggie and cheese ice cream? 3.) What are the preferred pricing in squash veggie and cheese ice cream?

This study used the descriptive method and had 50 respondents. Data were tallied, tabulated and subjected to statistical treatment like frequency count, percentages, and weighted mean.

The findings were: 1.) the process for preparing the homemade squash ice cream is as follows: First, all ingredients were prepared. Second, the fresh squash were cut into chunks and were caramelized to add sweetness to it. Third, the caramelized squash was mixed with 1 cup nestle cream and 1 cup evaporated milk until it reached the desired texture. Fourth, the mixture was transferred into a container with ice to maintain its desired texture and ½ bar of cheese and 2 cups of refined sugar was added into the mixture. 2.) Result shows that respondents perceived the food product to contain vitamin A (Beta Carotene) at rank 1 with 42 respondents; followed by calcium with 39 respondents; Vitamin C ranked 3 with 34 respondents; followed by iron with 32 respondents; protein and magnesium ranked 5 with 29 respondents; potassium ranked 7 with 25 respondents; and last was the dietary fiber with 20 respondents. 3.) The preferred price for the ice cream cup for the squash veggie ice cream cup was ₱ 400.00 for 1 gallon with a frequency of 35 respondents; 1 cup ₱ 10.00 with a frequency of 9; and ₱ 20.00 for sugar cone with a frequency of 6 respondents. And 4.) Result shows that taste was the most acceptable indicator at rank 1 with a weighted mean of 3.40, followed by appearance at rank 2 with a weighted mean

of 3.36, next was the texture with a weighted mean of 3.20, and the last was the aroma with a weighted mean of 2.96.

Conclusions were: 1.) The process of making the squash veggie ice cream is easy and can be followed by almost everyone. 2.) The squash veggie ice cream is nutritious and can be used as an alternative to artificially flavored ice cream. The respondents have the right perception on the nutrient content of the veggie ice cream. 3.) All respondents preferred the cheapest price for the 3 ice cream measurements., and 4.) The squash veggie ice cream is most acceptable because of its taste. The least liked attribute was aroma.

The researchers recommend that a further study may be conducted in the future on: 1.) Refinement of the product along the texture and appearance, and 2.) Attractive packaging should this be made for commercialization.