

IMPACT OF COOKING SKILLS ENHANCEMENT ON BTVTED LEARNERS' PRACTICAL COMPETENCIES AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Cooking plays a vital role in the BTVTED curriculum, serving as a key avenue for developing essential skills such as creativity, accuracy, and time management. At Bestlink College of the Philippines, students exhibited differing levels of success in mastering these cooking skills. Although cooking is deeply rooted in practical application and academic relevance, not all students showed equal progress. This study aims to identify the factors that affect skill development and to explore how proficiency in cooking contributes to shaping competent and effective technical-vocational educators. This study employed a descriptive research design and targeted 20 third-year BTVTED students from Bestlink College of the Philippines – Bulacan Campus during the academic year 2024–2025. Participants were selected through purposive sampling, specifically chosen for their enrollment in a cooking skills enhancement course. Data collection was carried out using a structured survey questionnaire, aimed at assessing students' experiences and progress in developing their cooking competencies. The respondents, primarily aged between 18 and 25, consisted of 80% females and 20% males. Findings revealed notable improvement in the use of kitchen tools, with a mean score of 3.06. Moderate progress was also recorded in areas such as food presentation (2.92), food safety practices (2.96), and overall cooking abilities (2.83). Significant advancement was seen in basic cooking techniques (3.05), although respondents indicated that knife handling and multitasking remained areas for further improvement. The majority acknowledged that the program contributed positively to the enhancement of their culinary competencies. Common challenges faced included inadequate equipment (20 responses), difficulties in group coordination (17), time management issues (18), and a lack of necessary tools (16). Teaching strategies were also identified as a concern by 10 respondents. Notably, no incidents or accidents were reported, indicating adherence to proper kitchen safety measures. The results revealed that the cooking skills enhancement program effectively improved the practical abilities of the respondents. Most participants, particularly those within the 18–25 age group, reported notable progress in areas such as proper use of kitchen tools, application of fundamental cooking techniques, and compliance with food safety standards. Overall, the data suggests a positive impact, with participants gaining increased confidence and competence in culinary tasks. However, recurring challenges—including limited equipment, time management issues, and group coordination difficulties—highlight areas where the program could be refined. Despite these limitations, the study confirms the program's overall success while identifying key aspects that warrant enhancement to optimize future implementation.

RECOMMENDED CITATION

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