

LEVEL OF ACCEPTABILITY OF CARROT-POTATO BALLS WITH CHEESE AMONG SENIOR HIGH SCHOOL HOME ECONOMICS STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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KEYWORDS

*home economics students;
carrot-potato balls; product
acceptability; cheese; snack
innovation; healthy snack*

ARTICLE ID

AASGBCPJMRA-B14011

Carrot-potato cheese balls are a tasty and versatile dish that can be enjoyed as a snack, appetizer, or even a light meal. The natural sweetness of carrots blends well with the earthy flavor of potatoes, while the addition of cheese adds a rich, savory touch. This combination creates a balanced taste and a satisfying texture—crispy on the outside and creamy on the inside. Whether served at parties, as a lunchbox treat, or as a quick bite at home, these flavorful bites are sure to please. This study used a descriptive quantitative research design to evaluate the level of acceptability of carrot-potato balls with cheese. Data were gathered using a survey questionnaire. A total of 50 respondents—Grade 11 and 12 students from the Home Economics strand—were selected using a cluster sampling technique. The majority of the respondents were aged 17 to 18 years old, comprising 78% of the total participants. In terms of sex, 48% were male and 52% were female. Most of the respondents came from section HEHRS 1201, accounting for 22%. The product—carrot-potato balls with cheese—was rated as acceptable in terms of appearance, taste, and texture. Based on the feedback, the top suggestions for improving the product included: increasing the amount of cheese, adding more carrots and potatoes, adjusting the salt content, and reducing the amount of oil used in cooking. The findings indicated that the respondents considered the product acceptable in terms of appearance, taste, and texture. Based on their suggestions and recommendations, the following improvements were proposed: (1) add more cheese, (2) increase the amount of carrots, (3) add more potatoes, (4) adjust the salt content, and (5) reduce the amount of oil used in cooking.

RECOMMENDED CITATION

Amaba, J. M., Crausos, D., Gumahung, L., Remedillo, R., Tabernero, D. L., & Villahermosa, L. N. (2025). Level of Acceptability of Carrot-Potato Balls with Cheese Among Senior High School Home Economics Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(6), 60.