

ACCEPTABILITY OF DULCE DE LECHE SHAKE WITH BERRIES ON TOP AS A DESSERT DRINK AMONG SENIOR HIGH SCHOOL TEACHERS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Dulce de Leche is a beloved milk-based treat recognized for its rich sweetness and creamy texture. In the evolving Philippine culinary landscape, innovative dessert beverages featuring Dulce de Leche present an opportunity to combine indulgence with nutrition. The Dulce de Leche Shake with Berries blends that creamy richness with the refreshing sweetness and antioxidant benefits of berries. Regular berry consumption has been associated with longevity and a reduced risk of type 2 diabetes and cardiovascular disease (Rian, 2021). This study examined the acceptability of this shake among Senior High School teachers at Bestlink College of the Philippines to inform product development in the beverage industry. A descriptive survey design was employed to assess mocktail acceptability among Senior High School teachers at Bestlink College of the Philippines. Participants were selected via quota sampling to ensure balanced representation of age and department. A structured questionnaire evaluates presentation, taste, texture, and aroma on a four-point scale, and a checklist records overall acceptance levels. Data were analyzed using frequency distributions and mean scores. The Dulce de Leche Shake with Berries received high acceptance ratings across all sensory attributes. Presentation averaged 3.32, taste 3.39, texture 3.35 and aroma 3.38 on a four-point scale. Teachers reported that the balanced sweetness, smooth mouthfeel, and visually appealing berry topping enhanced enjoyment and satisfaction. The findings indicated that the dessert drink achieved strong sensory approval among Senior High School teachers. High scores for presentation, taste, texture and aroma demonstrated the product's potential for market introduction. The balanced flavor profile and appealing appearance contributed to its acceptance. As a result, incorporating the Dulce de Leche Shake with Berries into campus offerings may satisfy consumer demand for innovative and nutritious dessert beverages. Further research was recommended to explore variations in berry types and sweetness levels to optimize consumer preference.

RECOMMENDED CITATION

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