The study determined the nutritional knowledge and practices and the physical and intellectual development of school children in San Nicolas, Ilocos Norte. Included in the investigation were the correlation between profile of respondents and nutritional knowledge and practices, in conjunction with the physical growth and intellectual development of respondents.

Basically the study was a descriptive research utilizing correlational analysis. The questionnaire was used as the primary tool in gathering the needed data. Prior to the data gathering, the questionnaire was pre-tested for its validity and internal consistency.

The relationship of the variables was analyzed using the chi-square analysis. Tests of hypothesis were evaluated at .05 alpha level.

Results showed that majority of the respondents’ parents finished college degrees and were living in a permanent type of house. The respondent pupils possessed good nutritional knowledge in terms of basic food groups but had poor knowledge with regards to sources and function of food nutrients. They sometimes practiced consuming foods in correct amount, type and frequency.

The study also found out that the respondent pupils were average in weight, height, and intellectual development.

Meanwhile, the four profile variable namely gender, family income, parents’ educational attainment and type of home were all significantly related to the respondents’ nutritional knowledge. On the other hand, gender did not influence the nutritional practices of the pupils while family income influenced only body building foods. Parents’ educational attainment was significantly related to the pupils’ nutritional
practices and type of home influenced only body regulating and eating habits.

Moreover, nutritional knowledge of respondents’ pupils’ basic food groups and sources and functions of food nutrients significantly influenced their nutritional practices. In general nutritional practices influenced the physical and intellectual development of pupil respondents.

Based on the findings of the study, it is highly suggested that integration of Nutrition Education in the primary school’s curriculum should be strengthened to further influence of food nutrients. Moreover, parents should participate extensively in nutrition programs that focus primarily with better utilization of the Food Guide Pyramid and create awareness on the correct amount, variety and proportion of foods that they will prepare for their children. It is also suggested that health care practitioners should collaboratively work together in conduction periodic health assessment including biochemical studies among school children to further identify their nutritional status and who among them need priority care. Finally, school canteens should be properly supervised by school heads or other responsible health care teams to improve the quality of foods served to school children.