The study determines the nutritional knowledge and practices and the physical growth of school children in Laoag City. Included in the investigation were the correlation between profile of respondents and nutritional knowledge and practices, and in conjunction with the physical growth and intellectual development of respondents.

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

The relationship of the variables was analyzed using Pearson’s product moment correlation wherein the categorical/nominal variables were coded and qualified as interval measures in accordance with the requirements of parametric test. Tests of hypothesis were evaluated at .05 alpha level.

Result showed that respondents, although reported poor, have finished a college degree and are living even in a semi-permanent type of housing. The socioeconomic status of school children determine their nutritional practices. Nutritional practices directly affect school children’s physical intellectual development. The respondents have an average level of nutritional knowledge with regards to basic food groups.

Furthermore, it was found out that respondents have below average level of nutritional knowledge with regards to sources and functions of food nutrients. The diet of school children consists mainly of carbohydrates.

In light of said findings and conclusions, the following recommendations are offered: School nursing institutions must strengthened their curriculum that will foster health promotion
activities in all stages of development to further enhance the knowledge of children specifically on the conducted at least quarterly to improve knowledge on nutrition particularly proper diet and eating habits.

Moreover, school nurses should have a complete data of nutritional status of school children to come up with nutritional program and health care practitioners should identify nutrition-related problems likewise provide feeding programs to all those found to be malnourished.