



# **Acceptability of Coconut Meat *Sisig* Recipe in St. Paul University Surigao, Philippines**

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## **Authors' contributions**

*This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.*

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## **ABSTRACT**

This study aimed to assess the acceptability of the Coconut Meat *Sisig* Recipe among Senior High School teachers. We employed a descriptive research design and utilized a survey technique for data collection. The data were collected through an adapted and modified questionnaire. We used Frequency Count and Percentage Distribution, Mean and Standard Deviation, and Analysis of Variance (ANOVA) as statistical tools. The results indicated that the Coconut Meat *Sisig* recipe is highly acceptable in appearance, color, aroma, taste, and texture. The innovative incorporation of coconut meat as the primary ingredient received a positive reception, demonstrating the dish's potential for favorable adoption in the culinary preferences of this target group. Furthermore, the Coconut Meat *Sisig* recipe enjoyed universal acclaim, with slight variations in perception related to

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educational backgrounds concerning texture. Given its broad acceptance among Senior High School teachers, it is recommended to promote the Coconut Meat *Sisig* recipe as an innovative and attractive option for school canteens.

**Keywords:** *Coconut meat Sisig; culinary innovation; senior high School teachers; descriptive research; sensory evaluation; food acceptability; statistical analysis; Filipino Cuisine.*

## 1. INTRODUCTION

The Philippine culinary landscape is renowned for its diverse and flavorful dishes [1], influenced by a rich blend of cultural and regional traditions [2]. *Sisig*, a popular Filipino dish made with minced pork [3], has evolved, adapting to various ingredients and dietary preference [4]. There has been a growing interest in exploring alternative [5] and sustainable ingredients to create innovative versions of traditional dishes in recent years [6]. One such attempt is the development of a Coconut Meat *Sisig* Recipe [7].

Coconut palm (*Cocos nucifera*), the palm of the family *Arecaceae*, cultivated extensively in tropical areas for its edible fruit, the coconut [8]. It is considered the "tree of life" in the Philippines and has been a staple in Filipino cuisine for generations [9]. Further, "the Philippines also remains the second-largest producer of coconut among the Association of Southeast Asian Nations" (ASEAN), comprising almost 40% of ASEAN's total coconut production [10]. Its versatile uses extend beyond coconut water and milk, making it an ideal candidate for experimentation in traditional recipes [11].

This Filipino dish is known for its savory and spicy flavors [12]. It presents an exciting opportunity for culinary exploration by replacing conventional meat with coconut meat [13]. Based on the Department of Agriculture (DA) 's monitoring of Metro Manila markets [14], the retail price of ham ranged between P260 and P330 per kilo while pork liempo ranged between P290 and P400 per kilo [15]. With the current high price of meat, it is affordable to use an available ingredient that can be found everywhere in the Philippines [16].

In the context of St. Paul University Surigao, the acceptance and preferences of the teaching faculty, particularly the Senior High School teachers, towards this innovative Coconut Meat *Sisig* Recipe are yet to be explored [17]. Understanding the factors influencing the acceptability of this alternative *sisig* preparation can provide valuable insights into the potential

integration of sustainable and local ingredients into everyday meals [18]. This prompted the researcher to conduct the study to determine the level of acceptability of the Coconut Meat *Sisig* Recipe among the Senior High School teachers of St. Paul University Surigao [19].

This study will help make Filipino dishes cheaper regarding the main ingredient and promote other uses for coconut meat. This research contributes to the evolving landscape of Filipino cuisine by introducing an innovative twist to a beloved dish. Understanding the acceptability factors among Senior High School teachers can inform the university's culinary practices and contribute valuable insights to the broader discourse on sustainable and locally sourced ingredients in Filipino gastronomy. Further, the teachers can introduce the Coconut Meat *Sisig* recipe by motivating the students to start a new enterprise since this innovative recipe can be a potential business venture, particularly for the youth. A sizeable untapped portion of the youth could have chosen to start a business, and their involvement in this field can help curb and reduce financial issues and provide job opportunities.

## 2. REVIEW OF RELATED LITERATURE

*Sisig*, traditionally made with pork, has undergone various adaptations, reflecting evolving dietary preferences [20]. The use of coconut meat as a substitute for pork in *Sisig* is a new approach that addresses sustainability and affordability [21]. Exploring this versatile ingredient is a unique opportunity in The Philippines [22], which is a major producer of coconuts [23]. The growing trend of reinventing traditional dishes using alternative, locally sourced ingredients is aligned with this innovation [24].

In the context of rising meat prices, the study underscores the cost-effectiveness of using coconut meat [25]. In the Philippines, this substitution could result in more affordable meal options [26]. Coconut meat's nutritional benefits [27], such as its high fiber content, enhance its

appeal [28]. Coconut Meat *Sisig* is a promising alternative to traditional meat dishes due to its balance of economic and nutritional values [29].

A descriptive research design using a survey technique to assess the acceptability of Coconut Meat *Sisig* among senior high school teachers [30]. An adapted questionnaire can be used to assess specific aspects like appearance, color, aroma, taste, and texture with a tailored approach [31]. Statistical tools such as mean, standard deviation, and ANOVA are used for data analysis [32]. A complete understanding of the respondents' perceptions can be achieved through this methodological approach [33]. By focusing on a specific demographic [34], the study provides insight into the recipe's acceptability in an educational setting [35].

The dish is highly rated for its appearance, color, aroma, taste, and texture, indicating a positive reception among the targeted group [36]. The use of coconut meat as a primary ingredient is well-received [37], enhancing the appeal of the dish [38]. The influence of personal and cultural preferences is highlighted by variations in perception related to educational backgrounds [39], particularly in texture [40]. The Coconut Meat *Sisig* is a culinary choice that could be adopted by Filipinos [41].

The widespread acceptance of Coconut Meat *Sisig* among Senior High School teachers suggests its potential for integration into school canteens [42], as observed by the author [43]. By introducing an alternative to a beloved dish, this innovation is contributing to the evolving landscape of Filipino cuisine [44]. This recipe's economic and nutritional benefits should be promoted as an appealing option, according to the study [45]. Traditional Filipino dishes can be made more research-friendly by using sustainable and local ingredients [46]. The recipe needs to be continuously refined because of the differences in texture preferences between educational backgrounds [47].

### 3. STATEMENT OF THE PROBLEM

This study aimed to determine the level of acceptability of the Coconut Meat *Sisig* Recipe among the Senior High School teachers of St. Paul University Surigao. Specifically, it sought to answer the following questions:

1. What is the Profile of the respondents in terms of:
  - 1.1. Age;
  - 1.2. Sex; and
  - 1.3. Highest Educational Attainment?
2. What is the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers in terms of:
  - 2.1. Appearance;
  - 2.2. Color;
  - 2.3. Aroma;
  - 2.4. Taste; and
  - 2.5. Texture?
3. Is there a significant difference in the level of acceptability of the Coconut Meat *Sisig* Recipe among the Senior High School teachers when grouped according to profile variables?
4. What recommendations may be proposed?

## 4. HYPOTHESIS

At 0.05 level of significance, it is hypothesized that there is no significant difference in the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers when grouped according to profile variables.

## 5. MATERIALS AND METHODS

### 5.1 Research Design

This study utilized a descriptive research design using a survey technique. It is deemed appropriate since it describes the present phenomena underlying the evaluation by the respondents on the Coconut Meat *Sisig* recipe in terms of the following parameters: appearance, color, aroma, taste, and Texture.

### 5.2 Materials and Ingredients Used

The materials used in cooking the Coconut meat *Sisig* recipe are as follows: stove bowl, frying pan, wooden ladle, chopping board, spoon, knife, fork, and plate. On the other hand, the ingredients utilized are ½ kilo coconut meat, 1 cup onion minced, 3 tbsp. Soy sauce, 1 tsp. Ground black pepper, 1 knob ginger minced, 3 tbsp. chili, 3 to 5 pcs calamansi or 1 pc. lemon, ½

cup butter or margarine, ¼ lb. chicken liver, 34 ounces water, 3tbsp. mayonnaise, and 1 tsp. Salt.

### 5.3 Preparation of Coconut Meat *Sisig* Recipe

To prepare the Coconut Meat *Sisig*, boil the coconut meat until it reaches a softened consistency. Meanwhile, gather and chop all the required ingredients. Initiate the cooking process in a pan by sautéing onions, garlic, and ginger. Once the coconut meat achieves a semi-cooked state, introduce it to the pan. Enhance the flavors by adding spices such as salt, black pepper, cayenne pepper, and soy sauce. Allow the coconut meat to fully cook, ensuring it absorbs the aromatic blend of spices. Once done, plate the Coconut Meat *Sisig*, presenting a visually appealing, flavorful, and innovative rendition of the traditional Filipino dish.

### 5.4 Respondents

The study's respondents are the Senior High School teachers of St. Paul University Surigao, S.Y. 2023-2024. The researcher did not use a sampling technique due to the few teachers in the Senior High School. For this reason, the researcher decided to get a total population of 30 teachers.

### 5.5 Instrument

This study adapted a research instrument from the study of Tamundong and Aliguyon (2022). The researcher modified the indicators using the same variables to fit the recipe developed. There are two parts to the research instrument: Part 1 is the Profile of the respondents, and Part 2 is the level of acceptability of the Coconut Meat *Sisig* Recipe among the Senior High School teachers. Food experts validated the instrument to ensure that the indicators measured what they intended to measure.

### 5.6 Data Gathering Procedure

The researcher requested permission from the school administration to perform the said study. The processes followed by the researcher in the preparation of the Coconut Meat *Sisig* Recipe and the research questionnaire were given to the respondents via Google Forms. It was retrieved, tallied, tabulated, treated, and analyzed.

### 5.7 Data Analysis

The data were analyzed through the use of the following statistical tools:

*Frequency Count and Percentage Distribution.* These tools determined the Profile of the respondents.

*Mean and Standard Deviation.* These statistical tools determined the level of acceptability of the Coconut Meat *Sisig* Recipe among the Senior High School teachers.

*Analysis of Variance (ANOVA).* This tool was used to test the significant difference in the level of acceptability of the Coconut Meat *Sisig* Recipe among the Senior High School teachers when grouped according to profile variables.

## 6. RESULTS AND DISCUSSIONS

This part presents the result and discussion of the data. The data presented follows the order of the problems cited in the problem statement: Profile of the respondents, level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers, and significant difference in the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers when grouped according to profile variables.

### 6.1 Profile of the Respondents

Table 1 shows the distribution of the respondents' profiles in terms of age, sex, and highest educational attainment.

As shown from the Table in terms of age, 15 (52%) respondents belong to 24-31 years old, then 5 (17 %) respondents belong to 16-23 years old & 32-39 years old, and 4 (14%) respondents belong to 40-48 years old. Regarding sex, most of the respondents are females, with 18 (62%), while 11 (38%) are males. Considering the highest educational attainment, 14 (49%) are college graduates, 13 (45%) have master's units, 1 (3%) are a master's graduate, and 1 (3%) have doctoral units.

### 6.2 Level of Acceptability of Coconut Meat *Sisig* Recipe

Table 2 shows the level of acceptability of the Coconut Meat *Sisig* recipe among Senior High

School teachers regarding *appearance, color, aroma, taste, and Texture*.

As gleaned from the Table, in terms of *appearance*, the indicator *The dish using coconut pulp is appetizing* got the highest mean ( $M=3.66$   $SD=0.61$ ), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. The high acceptability in appearance may be attributed to the delicious look of the dish made with coconut pulp, possibly due to its presentation and overall aesthetic appeal. It implies that the appearance of the Coconut Meat *Sisig* recipe is likely to attract and please the senses of Senior High School teachers.

Meanwhile, the indicator *that the appearance of the dish prepared with coconut pulp as a meat substitute is visually appealing* got the lowest mean ( $M=3.34$   $SD=0.55$ ), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. The term "visually appealing" implies the dishes' overall attractiveness when coconut pulp is used as a meat substitute. While the mean is high, the fact that it is lower than other attributes, particularly the one related to the dish using coconut pulp, may indicate some variability in individual preferences or expectations among the respondents.

On average, the level of acceptability of the Coconut meat *Sisig* recipe among the senior high school teachers regarding *appearance* ( $M=3.47$   $SD=0.61$ ) can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. It reinforced the positive sentiment towards the appearance of the dish. This also suggests a consistent and positive response, with the standard deviation suggesting a relatively low degree of variability among the respondents.

As to the *color*, the indicator *has pleasing golden brown edges and* got the highest mean ( $M=3.66$   $SD=0.55$ ), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. This means that the senior high school teachers fully accepted that the coconut meat *sisig* has a gold-brown edge. This contributes positively to the overall color of the dish. This conveys that the color is not only acceptable but is viewed very favorably. Golden brown edges often signify desirable qualities in various dishes [49].

However, the light golden brown indicator got the lowest mean ( $M=3.21$   $SD=0.49$ ), which can be verbally interpreted as *Agree* and qualitatively described as *Acceptable*. This means that the Senior High School teachers accepted the Coconut meat *Sisig* recipe, which has a light golden brown color. However, it is a relatively lower score compared to other color-related attributes, which suggests that some respondents may not find this specific color attribute as compelling as others. Color perception is inherently subjective and can be influenced by individual preferences, cultural factors, and personal experiences.

On average, the acceptability of the Coconut meat *Sisig* recipe among the senior high school teachers in terms of *color* ( $M=3.39$   $SD=0.53$ ) can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. This means that senior high school teachers find the color of the Coconut Meat *Sisig* recipe highly acceptable. This further emphasizes the positive perception of color among the teachers. A lower standard deviation indicates that the ratings are clustered closely around the mean, reinforcing the idea that there is a general agreement among the senior high school teachers regarding the acceptability of the color.

As to the *aroma*, the indicator *It has aromatic savor* got the highest mean ( $M=3.79$   $SD=0.41$ ), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. This means that there is a high acceptability of the aromatic savor of the coconut meat *Sisig* recipe. This positive response may be attributed to the enticing and aromatic qualities of the Coconut Meat *Sisig* recipe, which could contribute to a positive dining experience. However, it's crucial to recognize that personal and cultural preferences can influence aroma perceptions [50].

On the one hand, the indicator *The Sisig has fresh, herby smell* got the lowest mean ( $M=3.38$   $SD=0.56$ ), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. This means that the senior high school teachers find a positive overall sentiment toward the fresh, herby smell of the Coconut Meat *Sisig*. It also indicates that despite being slightly lower in mean compared to other indicators, it is still considered accepted by the respondents. This could imply that the fresh, herby smell contributes positively to the sensory experience of the Coconut meat *Sisig*, although with some variability in individual preferences.

**Table 1. Distribution of the profile of respondents**

<b>Sex</b>	<b>f (30)</b>	<b>%</b>
<b>Age</b>		
16 – 23	5	17
24 – 31	15	52
32 – 39	5	17
40 – 48	4	14
<b>Sex</b>		
Male	11	38
Female	18	62
<b>Highest Educational Attainment</b>		
College Graduate	14	49
With Master's Units	13	45
Master's Graduate	1	3
With Doctoral Units	1	3

**Table 2. The level of acceptability of coconut meat *sisig* recipe among senior high school teachers**

<b>Indicators</b>		<b>M</b>	<b>SD</b>	<b>VI</b>	<b>QD</b>
<b>Appearance</b>					
1.	The appearance of the dish prepared with coconut pulp as a meat substitute is visually appealing.	3.34	0.55	SA	VA
2.	The dish using coconut pulp is appetizing	3.66	0.61	SA	VA
3.	The coconut pulp-based dish resembles that of the ground pork	3.41	0.63	SA	VA
4.	The visual similarity between coconut pulp and ground pork is convincing	3.48	0.63	SA	VA
<b>Average</b>		3.47	0.61	SA	VA
<b>Color</b>					
1.	It has pleasing golden brown edges	3.66	0.55	SA	VA
2.	It has pleasing contrasting colors	3.28	0.53	SA	VA
3.	It is light golden brown	3.21	0.49	A	A
4.	It has an aesthetically pleasing color	3.41	0.57	SA	VA
<b>Average</b>		3.39	0.53	SA	VA
<b>Aroma</b>					
1.	The Sisig has a creamy smell	3.61	0.50	SA	VA
2.	It has an aromatic savor	3.79	0.41	SA	VA
3.	It has no foul odor	3.76	0.44	SA	VA
4.	The Sisig has a fresh, herby smell	3.38	0.56	SA	VA
<b>Average</b>		3.63	0.48	SA	VA
<b>Taste</b>					
1.	It has a sweet taste	3.45	0.51	SA	VA
2.	It has no aftertaste	3.24	0.64	A	A
3.	it has a well-blended flavor	3.38	0.62	SA	VA
4.	It has a creamy taste	3.28	0.53	SA	VA
<b>Average</b>		3.34	0.57	SA	VA
<b>Texture</b>					
1.	The Sisig has a smooth and firm Texture	3.38	0.73	SA	VA
2.	It has a slightly moist Texture	3.28	0.65	SA	VA
3.	The Sisig is soft	3.24	0.69	A	A
4.	The Sisig is chewy	3.34	0.61	SA	VA
<b>Average</b>		3.31	0.67	SA	VA
<b>Overall Average</b>		3.43	0.57	SA	VA
<b>Scale</b>	<b>Interval</b>	<b>Verbal Interpretation</b>	<b>Code</b>	<b>Qualitative Description</b>	<b>Code</b>
4	3.25-4.00	Strongly Agree	S.A.	Very Acceptable	VA
3	2.50-3.24	Agree	A	Acceptable	A
2	1.75-2.49	Disagree	D	Least Acceptable	LA
1	1.00-1.74	Strongly Disagree	SD	Not Acceptable	NA

On average, the level of acceptability of the Coconut Meat *Sisig* recipe among the senior high school teachers regarding *aroma* ( $M=3.63$   $SD=0.48$ ) can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. This suggests that the senior high school teachers have a positive evaluation of the aroma of the Coconut Meat *Sisig* recipe. It also indicates a high level of agreement among the respondents. This implies that the Coconut Meat *Sisig* recipe's aroma is widely accepted and highly appreciated, contributing positively to the overall sensory experience of the dish.

The taste indicator *has a sweet taste and got the highest mean* ( $M=3.45$   $SD=0.51$ ), which can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. This means that the presence of a sweet flavor in the Coconut Meat *Sisig* is well-received among senior high school teachers. This suggests a strong consensus among the respondents. With these, the sweet element contributes significantly to the overall taste profile of the dish. The *Sisig* gets its freshness from the onions and zesty calamansi citrus, creating a unique flavor profile (Mella, 2023)

On the other hand, the indicator *It has no taste* got the lowest mean ( $M=3.24$   $SD=0.64$ ), which can be verbally interpreted as *Agree* and qualitatively described as *Acceptable*. The data indicates that, regarding the absence of an aftertaste in the Coconut Meat *Sisig*, the senior high school teachers generally agree. However, the acceptability may not be as strong as with other indicators, and the response indicates an acceptable perception among the respondents. It's crucial to acknowledge the subjectivity of aftertaste preferences, as individuals may have varying expectations and sensitivities in this regard (Gaddi, et al., 2024).

On average, the level of acceptability of the Coconut Meat *Sisig* recipe among the senior high school teachers regarding *taste* ( $M=3.34$   $SD=0.57$ ) can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. The data suggests that, on the whole, senior high school teachers find the taste of the Coconut Meat *Sisig* recipe to be highly acceptable. It indicates a strong consensus, and the taste of the Coconut Meat *Sisig* recipe is widely accepted and highly appreciated by the respondents.

As to the *Texture*, the *Sisig* indicator has a *smooth and firm texture and got the highest mean* ( $M=3.38$   $SD=0.73$ ), which can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. This implies a high degree of agreement among senior high school teachers, signifying a collective positive perception of the Texture of the Coconut Meat *Sisig*. This indicates that the smooth and firm Texture of the Coconut Meat *Sisig* recipe is widely accepted. Mature coconuts are known to have firm meat that can be consumed raw or processed to make shredded coconut [51].

However, the indicator *The Sisig is soft* got the lowest mean ( $M=3.24$   $SD=0.69$ ), which can be verbally interpreted as *Agree* and qualitatively described as *Acceptable*. The data implies that, regarding the indicator related to the softness of the Coconut Meat *Sisig*, senior high school teachers generally agree. While the agreement may not be as strong as with other indicators, the response indicates an acceptable and agreeable perception among the respondents.

On average, the Coconut Meat *Sisig* recipe level among the senior high school teachers in terms of *Texture* ( $M=3.31$   $SD=0.67$ ) can be verbally interpreted as *strongly Agreeable* and qualitatively described as *very acceptable*. This means that the senior high school teachers highly accept the Texture of the coconut meat *Sisig* recipe. It can be inferred that the teachers generally share a favorable perception of the Texture of the Coconut Meat *Sisig*.

On the overall average, the level of acceptability of the Coconut Meat *Sisig* recipe among the senior high school teachers ( $M=3.43$   $SD=0.57$ ) can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. This means that the senior high school teachers highly accepted the newly developed innovative *Sisig* using coconut meat as the main ingredient. The strong agreement implies widespread acceptability and appreciation of the various attributes, including taste, aroma, and Texture, contributing to the overall positive evaluation.

Table 3 illustrates the significant difference in the level of acceptability of the Coconut Meat *Sisig* recipe among the senior high school teachers when grouped according to their Profile. As to the significant difference between the age of the respondents and the variables *Appearance*, *Color*, *Aroma*, *Taste*, and *Texture*, findings revealed that there is no significant difference

between these variables (p-values=0.370, 0.634, 0.782, 0.901, 0.819. respectively). It appears that the age of the respondents does not have a statistically significant impact on their evaluations of the appearance, color, aroma, taste, and Texture of the Coconut Meat *Sisig* recipe. This lack of significance implies that individuals of varying ages within the population hold similar views and preferences regarding the sensory aspects of the Coconut Meat *Sisig*. It conveys that the recipe's visual appeal, color, aroma, taste, and Texture are likely perceived similarly across different age groups among the respondents (Gaddi, et al., 2024).

As to the significant difference between the sex of the respondents and the variables *Appearance, Color, Aroma, Taste, and Texture*, findings revealed that there is no significant difference between these variables (p-values=0.977, 0.987, 0.705, 0.721, 0.915, respectively). It implies that male and female respondents within the studied population tend to view the appearance, color, aroma, taste, and Texture of the Coconut Meat *Sisig* recipe similarly. This suggests that the recipe has broad appeal, making it suitable for diverse audiences without sex-specific modifications. Similar to the study of Salvador (2012), both genders "like very much" the color, Texture, aroma, presentation, and taste, while the male respondents "like moderately" the appearance

As to the significant difference between the *highest educational attainment* of the respondents and the variables *Appearance, Color, Aroma, and Taste*, findings revealed that there is no significant difference between these variables (p-values=0.454, 0.764, 0.818, 0.645, respectively). This means that there is no statistically significant distinction in how individuals with different levels of educational attainment perceive the sensory attributes of the Coconut Meat *Sisig* recipe, specifically in terms of appearance, color, aroma, and taste. It challenges the notion that "individuals with higher educational attainment might have distinct preferences or expectations on a certain dish (Languing, et al., 2023)".

As to the significant difference between the *highest educational attainment* of the respondents and the variable *Texture*, findings revealed a significant difference between this variable (p-value=0.017). This means there is a notable distinction in how individuals with different levels of educational attainment perceive the Texture of the Coconut Meat *Sisig* recipe. This significant difference may signify that individuals with higher educational attainment might have distinct preferences or expectations related to the Texture of the Coconut Meat *Sisig*. Leng et al. (2016) suggest that individuals with varying educational backgrounds may approach the sensory aspect of Texture with different perspectives or sensitivities.

**Table 3. Significant difference in the level of acceptability of coconut meat *sisig* recipe among the senior high school teachers when grouped to their profile**

Profile	Factors	F	p-value	Decision	Interpretation
<b>Age</b>	Appearance	1.094	0.370	Do not reject Ho.	Not Significant
	Color	0.580	0.634	Do not reject Ho.	Not Significant
	Aroma	0.361	0.782	Do not reject Ho.	Not Significant
	Taste	0.192	0.901	Do not reject Ho.	Not Significant
	Texture	0.308	0.819	Do not reject Ho	Not Significant
<b>Sex</b>	Appearance	0.001	0.977	Do not reject Ho.	Not Significant
	Color	0.000	0.987	Do not reject Ho.	Not Significant
	Aroma	0.146	0.705	Do not reject Ho.	Not Significant
	Taste	0.130	0.721	Do not reject Ho.	Not Significant
	Texture	0.012	0.915	Do not reject Ho	Not Significant
<b>Highest Educational Attainment</b>	Appearance	0.903	0.454	Do not reject Ho.	Not Significant
	Color	0.385	0.764	Do not reject Ho.	Not Significant
	Aroma	0.310	0.818	Do not reject Ho.	Not Significant
	Taste	0.562	0.645	Do not reject Ho.	Not Significant
	Texture	4.075	0.017	Reject Ho	Significant

*P-value < 0.05 = Reject Ho*



## 7. CONCLUSIONS

Based on the research findings, it can be concluded that the Coconut Meat *Sisig* recipe has garnered widespread acceptance among Senior High School teachers, with positive feedback on its appearance, color, aroma, taste, and Texture. The innovative use of coconut meat as the main ingredient has proven to be well-received, indicating the dish's potential for positive integration into the culinary preferences of this target audience. Further, the Coconut Meat *Sisig* recipe appears to be universally well-received, with minor distinctions related to educational backgrounds in terms of Texture of the dish. Continuous monitoring and feedback collection from senior high school teachers can help refine the Coconut Meat *Sisig* recipe to evolve preferences, ensuring sustained popularity and relevance.

## 8. RECOMMENDATION

Several recommendations are proposed based on the study's findings and their significant implications. Firstly, there is a suggestion to promote the Coconut Meat *Sisig* recipe as an innovative and appealing culinary option for school canteens, particularly emphasizing its widespread acceptance among Senior High School teachers regarding appearance, color, aroma, taste, and Texture. Secondly, exploring opportunities to integrate the Coconut Meat *Sisig* recipe into educational programs or workshops is recommended, aiming to enhance culinary diversity and expose students to alternative and nutritious ingredients. Thirdly, marketing efforts should highlight the dish's positive attributes, especially its innovative use of coconut meat, to broaden its appeal beyond the Senior High School teacher demographic. Lastly, acknowledging and addressing the observed variation in texture perception based on educational backgrounds, the study recommends potential adjustments or variations to the recipe to accommodate diverse preferences among individuals with varying levels of educational attainment.

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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