

This quasi-experimental study involved 385 child-mother pairs, divided into three intervention groups (n=287) and one non-intervention group (n=98). A minimum sample of 92 underweight (UW) children per group, from two school districts, was determined to detect a 20% difference in UW prevalence, with 90% power. To account for a 9% drop-out, 8 additional children were added per group, leading to a group size of 100. The total planned sample was 400 children, across four groups of 100 each. From 1,723 children screened, 385 were selected as eligible participants for baseline data collection and study inclusion. Intervention groups comprised: group 1 (feeding only, using DOST-FNRI recipes); group 2 (nutrition classes only, using DOST-FNRI modules); and group 3 (both feeding and nutrition classes).

The non-intervention group (group 4) received existing DepEd feeding and nutrition classes. Study participants were enrolled in selected public elementary schools in Laguna, Philippines, specifically Bay and Calauan municipalities, due to their high wasting prevalence and large student populations. Trained project assistants monitored the intervention within the study areas