



Republic of the Philippines
 Department of Education
 Cordillera Administrative Region
SCHOOLS DIVISION OF BENGUET
 Wangal, La Trinidad, Benguet 2601



OFFICE MEMORANDUM

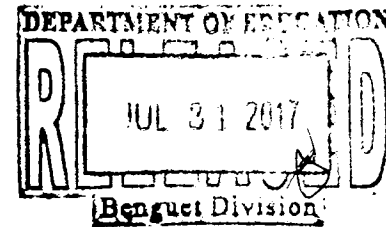
148.2017

To: Chief Education Supervisors, CID & SGOD
 Education Program Supervisors
 Section Heads
 All SDO Benguet Personnel

From: **MARIE CAROLYN B. VERANO**
 Schools Division Superintendent

Subject: **DIVISION NUTRITION MONTH CELEBRATION 2017**

Date: July 28, 2017



1. Nutrition Month is an annual campaign held every year to create greater awareness on the importance of nutrition among Filipinos. Throughout the years, the Nutrition Month celebration has been institutionalized by schools and local government units as well as other stakeholders. This year is the 43rd Nutrition Month celebration with the Theme “**Healthy diet, Gawing habit – FOR LIFE!**”

2. In support to this endeavor, the Schools Division Office of Benguet participates in this celebration thru a *Division Culminating Program* on **August 14, 2017, 12 pm to 5 pm, ADIVAY Hall, SDO Benguet Office.**

3. The following are the activities set up for the celebration:

❖ **Division Office Cooking Contest**

- ✓ The contest is open to interested Division Office Employees. Each Group should have 1 entry consisting of 2 representatives. List of Names of participants per group should be submitted to the Health and Nutrition Section on or before August 8, 2017.

Group	Section
1	Records and Personnel Section, Supply
2	Accounting, Budget and Cash
3	Office of the SDS, Admin, Drivers, Utility
4	Office of the ASDS, Planning and Research, ICT
5	CID (Chief, EPS, PSDS, LRM, ALS)
6	SGOD (Chief, SocMob, PDOs, M&E, DRRM, HRD)

*Health and Nutrition Section- Technical Working Committee

- ✓ Participants shall prepare a meal soup, main dish or dessert highlighting **TOFU** as the main ingredient within the 2 hour allotted time.
- ✓ Participants will be allotted P500 to be used for purchase of needed ingredients. Participants will be responsible of liquidating the said amount.
- ✓ The prepared dish should be enough for 3-5 persons.
- ✓ The use of artificial seasoning to taste is strictly prohibited.
- ✓ Participants are expected to bring their own cooking utensils including pots and plates, except for the burner which will be provided by Health and Nutrition Section.
- ✓ Proper Cooking attire and sanitation shall be observed during the contest proper.



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- ✓ The recipe should be based on the following criteria:

<i>a. Utilization of main ingredient</i>	30%
<i>b. Nutritive Value</i>	25%
<i>c. Flavor and Palatability</i>	20%
<i>d. Preparation</i>	10%
<i>e. Appearance and presentation</i>	15%

 - ✓ Three winners will be awarded with certificates and Nutrition Kits. Consolation prizes will be given to all participants.
 - ✓ Winning recipes will be officially recommended for the School Based Feeding Program Recipe Book.

 - ❖ **Nutri-Clinic** – Assessment of nutritional status (weight, height and body fat analysis), Nutrition / diet counselling and other related services.

 - ❖ **Nutri-photo Booth**- A special booth containing nutrition related advocacies and pledges that participants can use as props while they have their picture taken.

 - ❖ **Hataw Dance**- A 30-minute to 1 hour physical fitness activity that aims to stimulate and strengthen the heart and lungs thereby improving the body's utilization of oxygen and the attainment of ideal body weight.

 - ❖ **Healthy Lifestyle, Hataw na Exercise**- A 1 hour physical fitness activity (Zumba/ Taebo) every Wednesdays and Fridays.

 - ❖ **NutriAdvocacy Booth**- An interactive booth wherein participants get a chance to learn about nutrition facts and their categories as mandated by Do. 13 s. 2017, play a time-pressured sorting game and win exciting prizes.
4. Immediate dissemination and compliance to this office memorandum is desired.