

REPUBLIC OF THE PHILIPPINES  
Republic of the Philippines  
BUREAU OF EDUCATION  
Department of Education and Culture  
MANILA  
Philippines

June 25, 1975

TANZAPAN: KC KALLIM  
Office of the Secretary

DEPARTMENT MEMORANDUM  
No. 02, s. 1975

CELEBRANCE OF NUTRITION MONTH IN THE SCHOOLS

To: The Director of Elementary Education  
The Director of Secondary Education  
The Director of Higher Education, and  
Regional Directors;

In accordance with Section 7 of Presidential Decree No. 691 issued by the Executive President Ferdinand B. Marcos in July 1974, the month of July has been designated as Nutrition Month for the purpose of creating greater awareness among our people on the importance of nutrition. The theme of this year's celebration is "Nutrition Is Your Concern."

In this connection, it is suggested that all school activities, in observance of the nutrition month, should give emphasis on:

- 1) developing awareness of the wide-spread occurrence of malnutrition;
- 2) gaining understanding on the importance of food to the body;
- 3) disseminating information on the need for good nutrition among the different age groups;
- 4) participating actively in projects/programs/ stops aimed at helping solve malnutrition within the family, in school and in the community.

Enclosed is a list of suggested topics and activities which may be undertaken during the nutrition month.

A brief report on the observance of Nutrition Month in the regions should be included in the annual report of the bureau director/regional directors.

(SGD) JOSE L. MANSUETI  
Secretary

Incl.:  
as stated.

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Suggested Topics and Activities  
For Nutrition Month  
July, 1975

1. Hold conferences/seminars/workshops on the
  - a. supervision of nutrition education in the schools
  - b. proper implementation of the AFP
  - c. integration of nutrition in various subject areas
  - d. production of visual aids for nutrition teaching
2. Hold food and nutrition exhibits/fairs with local government, civic and religious organizations participating.
3. Conduct contests and
  - a. development of recipes of inexpensive snacks
  - b. poster-making
  - c. essay-writing
4. Hold cooking demonstrations on the preparation of recipes suitable for supplementary feeding of school children.
5. Launch nutrition research projects and
  - a. effects of supplementary feeding program on the weights of selected boys and girls (by grades)
  - b. food habits of school children (by grades)