

Republika ng Pilipinas
(Republic of the Philippines)
KAGABARAN NG PUNATAGYON AT KULTURA
(DEPARTMENT OF EDUCATION AND CULTURE)
Manila

October 13, 1975

DEPARTMENT MEMORANDUM
No. 169, s. 1975

FOLLOW-UP OF DECS SCHOOL HEALTH UNIT (SHU)
PROGRAMS AND PROJECTS

To the:

Bureau Directors
Regional Directors
Coordinator, State Colleges and Universities

1. Listed below are the DEC-SHU continuing projects and programs which require follow-up by the regional offices. It is requested that reports on such follow-ups be submitted every three months beginning October 1975, to provide this Office with feedback that will be used for evaluating, reviewing, and improving the structure of the different projects. The feedback needed for each project is described after the name of each project.

- a. Hospital Summer Training Project (DPS G.L. No. 45, dated March 10, 1975)

Report on the 1975 summer training in hospitals of physicians, dentists, and nurses should be submitted immediately.

- b. Environmental Education (Department Memorandum No. 23, s. 1975)

Copies of instructional materials, action programs and school campaign plans should be sent to this Office as soon as possible. Results of tryouts of these materials in school divisions should also be submitted to this Office.

c. Alay Lamin (Department Memorandum No. 94, d. 1975)

Reports on the most successful tree planting projects may be on the basis of division and regional evaluation should be submitted. The evaluation may be a preparatory phase for a national contest in September, 1976.

d. CAS-CAFE School Nutrition Program

Division reports on the weighing program will be consolidated by the Regional Offices for submission to this Office after every period for weighing. The schedule for the 15 CAS pilot evaluation schools as announced for 1975-76 is as follows:

June 23-27	December 8-12
September 22-26	March 8-12

Divisions that have not submitted reports for the first two periods are enjoined to submit these without further delay.

Each school receiving CAS Nutrition assistance is responsible for a one-day-a-week feeding as agreed upon. If not yet started, this feeding should be started in October, 1975. This weekly feeding activity for which the school is responsible may be substituted by a continuous 24- to 32-day feeding to coincide with harvest season in the community. Instead of nutribuns, the schools should serve snacks utilizing produce from the school, home, or community gardens. Local government and/or other agencies may be tapped for financial support for these feeding days. The children will be charged the regular nutribun cost. A list of a few suggested recipes is attached.

It may be mentioned, in this regard, that malpractices regarding baking and distribution, proper weight of nutribuns, care of CAS commodities and recipients of commodities have been reported to this Office. Superintendents should be requested to take this up with those concerned with the CAS nutribun program in order to avert any improper or irregular practice in connection with this program.

Regional Directors are also requested to submit to this Office the cost of transshipment of one 50-pound bag of flour from the regional offices to the various divisions in the region, on or before October 20, 1975.

Preferential attention to this matter is requested.

(SGD.) NARCISO ALBARRACIN
Acting Secretary of Education and Culture

cc: As stated

PROCEDURE:

1. Soak vegetables
2. Add meat or fish, or shrimp or bagoong (if recipe calls for)
3. Add banana or any rootcrop as indicated in the recipe, when water is boiling
4. Cook till rootcrop is tender
5. Add vegetable; cook till tender (do not overcook)
6. Season with salt
7. Serve hot.

Cooked serving:
(approximate household measure)

- 1/2 cup solid:
- slightly packed for banana
- loosely packed for canote
- 1/3 cup liquid:
- for canote
- for banana

Approximate nutrient content:

Calories - 300 per serving
Protein - .8 gms per serving

No. of servings - 2

RECIPES:

1. Banana with meat

Ingredients:	Weight in Gms
Banana (solid)	570
Kangkang leaves	15
Beef Shank	6
Kamatis	4
Oil	10

NUTRITIONAL CONTENT:

Total No. of Calories - 607
Protein - 23.28

2. Cassava with Canote Root

Ingredients:	Weight in grams
Cassava	410
Canote leaves	30
Kamatis	4
Bagoong	9
Oil	4

NUTRITIONAL CONTENT:

3. Canote with Shrimps

Ingredients:	Weight in Grams
Canote (cubes)	390
Small shrimps	20
Cabbage	40
Kanatis	4
Oil	6

NUTRITIONAL CONTENT

Total No. of Calories - 618
Protein - 6.79 gms.

4. Canote with Tulya

Ingredients:	Weight in Grams
Canote (cubes)	390
Kangkang	40
Tulya meat	20
Kanatis	4
Oil	6

NUTRITIONAL CONTENT

Total No. of Calories - 610
Protein - 7.45 gms.

5. Cassava with Okra

Ingredients:	Weight in Grams
Cassava	350
Hibon	12
Okra	20
Kanatis	4
Garageot	20
Oil	10

NUTRITIONAL CONTENT

Total No. of Calories - 611
Protein - 6.68 gms.

6. Canote with Dills

Ingredients:	Weight in Grams
Canote (cubes)	390
Kangkang	15
Dills	6
Kanatis	4
Oil	7

NUTRITIONAL CONTENT:

Total No. of Calories - 608

7. Canoto with Amihan

Ingredients:	Weight in Grams
Canoto	300
Malinggay leaves	20
Kamatis	2
Kanatis	5
Oil	5

NUTRITIONAL CONTENT:

Total No. of Calories - 60
Protein - 5.58 gr

8. Banana with Crab's Meat

Ingredients:	Weight in Grams
Banana (saba)	510
Bili leaves	40
Crab's meat	20
Kanatis	2
Oil	5

NUTRITIONAL CONTENT:

Total No. of Calories - 599
Protein - 11.88

9. Canoto with Vegetable Soup

Ingredients:	Weight in Grams
Canoto	300
Malinggay leaves	20
Kanatis	2
Shrimp (siamang)	20
Oil	5

NUTRITIONAL CONTENT:

Total No. of Calories - 511
Protein - 8.49

10. Banana with Malinggay Leaves

Ingredients:	Weight in Grams
Banana (saba)	570
Malinggay leaves	20
Bagoong	9
Kanatis	2
Oil	5

NUTRITIONAL CONTENT:

Total No. of Calories - 607

11. Banana with Pechay

Ingredients:	Weight in Grams
Banana	570
Pechay	50
Beef	10
Kapaglis	4
Oil	4

NUTRITIONAL CONTENT:

Total No. of Calories - 600
Protein - 10.87

12. Carote with Coconut Milk

Ingredients:	Measures
Yellow Carote (Boolerop)	200 gms.
Coconut milk	2 tbsp.
Sugar	4½ tbsp.

NUTRITIONAL CONTENT:

Total No. of Calories - 622
Protein - 3.8

Procedure: Boil Carote until cooked. Slice into cubes. Weigh 200 grams and place in a saucer. Pour in 1 tbsp. of coconut milk. Sprinkle 4½ tbsp. sugar. Good for two servings.

13. Banana with Grated Coconut

Ingredients:	Measures
Bananas (boiled)	200 gms.
Grated Coconut	40 gms.
Sugar	2 tbsp.

NUTRITIONAL CONTENT:

Total No. of Calories - 606
Protein - 4.0

Procedure: Serve boiled banana with grated coconut and sugar - Good for two servings.