

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

April 28, 1976

DEPARTMENT MEMORANDUM
No. 126, s. 1976

CELEBRATION OF NUTRITION MONTH

To the: Bureau Directors
Regional Directors
Chiefs of Services
and Heads of Units
Coordinator, State Colleges
and Universities
Schools Superintendents

1. In accordance with Presidential Decree No. 491 issued in July, 1974, July has been declared Nutrition Month. All schools are enjoined to give this month a fitting celebration.

2. The theme of the month-long celebration is "Maximum Utilization of Local Food Resources." Its objectives are:

- a. create awareness of the importance of good nutrition;
- b. disseminate relevant nutrition information;
- c. develop further appreciation of the nutritive value of foods;
- d. apply nutrition knowledge through growing and consuming inexpensive but nutritious foods.

3. It is suggested that one week of activities be planned and undertaken by each of the levels of instruction following this schedule:

First week	Primary level
Second week	Intermediate level
Third week	Secondary level
Fourth week	Higher Education level

4. It is further suggested that committees be organized at the regional, division and local levels to take charge of the celebration. Barangay officials and existing organizations should be involved in planning and carrying out the activities in coordination with the local nutrition committee.

5. Guidelines for the daily activities in the celebration of Nutrition Month are contained in the inclosure to this Department Memorandum.

6. A report on the celebration of Nutrition Month should be submitted to this Office, copy furnished the National Nutrition Center of the Philippines, South Superhighway, Makati, Rizal.

(SGD.) JUAN L. MANUEL
Secretary of Education and Culture

Incl.:

As stated

Reference:

Department Memorandum: No. 82, s. 1975

Allotment: 1-2-3-4 (3-C-1-76)

To be indicated in the Periodical Index
under the following subjects:

✓ CELEBRATIONS & FESTIVALS
✓ COMMITTEES
✓ NUTRITION EDUCATION
✓ REPORTS
✓ SCHOOLS
✓ SOCIETY OR ASSOCIATIONS

GUIDELINES FOR THE DAILY ACTIVITIES
IN CELEBRATION OF NUTRITION MONTH

Theme: "Maximum Utilization of Local Food Resources"

1st Day - Understanding Good Nutrition

- a. On the spot contest of pupils/students
 1. slogan
 2. poster
 3. essay
 4. script
- b. Contribution of foreign and local agencies to the improvement of nutrition

2nd Day - Recording Growth

- a. Demonstration on how to take height and weight
- b. Preparing records and interpretation of results
- c. Using data on height and weight for classroom instruction

3rd Day - Knowing the Food We Eat

- a. Field trip to the market and grocery stores, etc.
- b. Visit to the Nutrition Center in the school or community
- c. Home visitation

4th Day - Growing Our Food

- a. Visit to the school, home and community gardens
- b. Field trips to food production projects (Green Revolution Programs in school and community, also commercial food production projects.)

5th Day - Teaching Better Nutrition to Adults

- a. Slide/film showing
- b. School demonstration on food selection and preparation
- c. Homearea PTA nutrition activities

6th Day - Reporting to the People

- a. Community assemblies in school
Literary-musical programs
Announcement of result of contests
Awarding of prizes
- b. Open house - Exhibits, etc.

7th Day - Thanksgiving

Attendance at Church Services