

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

May 30, 1977

DEPARTMENT MEMORANDUM
No. 106, s. 1977

1977 NUTRITION MONTH

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

1. Conformably to Presidential Decree No. 491 issued on June 25, 1974, July has been declared Nutrition Month. The theme of this year's celebration is "Strengthening the Nutrition Program at Barangay Level".

2. It is suggested that each level take charge of the planning and implementation of activities for one week in accordance with the following schedule:

First week - - - - - Primary level
Second week - - - - - Intermediate level
Third week - - - - - Secondary level
Fourth week - - - - - Tertiary level

3. The School Nutrition Committees should be convened to prepare a program of activities in coordination with the Barangay Nutrition Committee and other barangay officials. Among the activities that might be included are: exhibits, lecture-demonstrations, convocations, symposia, school radio broadcasts, class discussions, field trips to on-going nutrition projects and other country-side oriented projects that will help strengthen the implementation of the barangay nutrition programs not only during the month of July but also throughout the year.

4. Some suggested topics which may be discussed in connection with the celebration of Nutrition Month are given in the inclosure to this memorandum.

5. It is requested that a report on the celebration of Nutrition Month be included in the periodic reports of schools superintendents.

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

Incl.:
as stated

Reference:

Department Memorandum: No. 126, s. 1976

Allotment: ~~1-2-3-4~~ (D.O. 1-76)

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

✓ CELEBRATIONS and FESTIVALS
✓ COMMITTEES
✓ NUTRITION EDUCATION
✓ REPORTS
✓ SCHOOLS

(Inclosure to Department Memorandum No. 106, s. 1977)

SUGGESTED DAY-TO-DAY TOPICS AND ACTIVITIES
IF THE CELEBRATION OF NUTRITION MONTH

Theme: "Strengthening the Nutrition Program at Barangay Level"

1st Day - Focus on the Food Groups

1. Food exhibit of actual foods
2. Inter-class contest on the best display in the Nutrition Corner
3. Classroom discussions on the use of the guide to good nutrition (foods classified according to functions)
4. Lecture-demonstrations on appropriate foods for:
 - a. pre-schoolers
 - b. school children
 - c. adolescents
 - d. pregnant and lactating mothers
 - e. the elderly

2nd Day - Selective Food Production

1. Evaluate pupils' food production projects in school and at home
2. Launch projects such as hog-raising, pig-raising, poultry-raising, rabbit-raising and fish farming, if feasible
3. Establish seed banks for use in both the school and home gardens
4. Inter-school visitation of food production projects
5. Lecture-discussions on:
 - a. the Values of Oil, Beans, Fish, Vegetables in the Daily Diet
 - b. Food Conservation

3rd Day - School and Community Feeding

1. Teachers and pupils observe activities in the community feeding center
2. Invite parents and barangay officials to school to observe and participate in the school feeding activities and to determine the school feeding needs as a basis for planning assistance to the school nutrition program

3. Cooking demonstrations on the preparation of supplementary foods suitable for school/community feeding
4. Visit a commercial/school bakery baking nutribuns

4th Day - Health and Environmental Sanitation

1. Lectures/Discussions on:
 - a. Parasitism
 - b. How to Prevent Vitamin A Deficiency in the Young
 - c. Combating Anemia and Goiter
 - d. Nutrition-related Diseases
 - e. Dental Health Through Good Nutrition
 - f. Safe Water Supply
 - g. Wholesome environment (particularly clean surroundings, good drainage, proper garbage disposal, pest control)
 - h. Safety Measures

5th Day - Culminating Day

1. Conventions/Programs jointly sponsored by school and community to highlight the theme of Nutrition Month.