

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

June 16, 1973

MEMORANDUM
No. 169, s. 1973

1973 NUTRITION MONTH CELEBRATION

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

1. Pursuant to section 7 of PD 451, designating July as Nutrition Month, this year the Month will be celebrated through an inter-agency coordination approach for the purpose of creating greater awareness among our people of the importance of Nutrition.
2. The theme of the celebration is "Youth and Their Involvement in the PNP Through the Families They Serve." In this connection, school participation shall be along service-oriented activities designed to achieve the goals of the project.
3. For the guidance of all concerned, guidelines for:
(a) Organization Schemes of Committees for the Celebration of Nutrition Month; Their Duties and Responsibilities; (b) Suggested Plan of Activities for the Celebration of Nutrition Month; (c) Model Training Design for Nutrition Seminar-Workshop for the Youth; and (d) other materials like the Nutrition Quiz, Criteria for the Preparation and Evaluation of Nutrition Posters are given in the inclosures to this memorandum.
4. A report on the activities undertaken in every division to celebrate Nutrition Month should be included in the periodic reports of the schools superintendents.
5. It is requested that this information be disseminated to all schools concerned for immediate compliance.

(SGD.) JUAN L. MANUEL,
Minister of Education and Culture

Incls.:

As stated

Reference:

Department Memorandum: No. 126, s. 1976;
No. 106, s. 1977

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

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

- ✓ CELEBRATIONS & FESTIVALS
- ✓ COMMITTEES
- ✓ NUTRITION EDUCATION
- ✓ REPORTS
- ✓ SCHOOLS

(Inclosure No. 1 to DEO Memorandum No. 169, s. 1978)

ORGANISATIONAL Schemes OF COMMITTEES FOR THE CELEBRATION
OF NUTRITION WEEK, THEIR DUTIES AND RESPONSIBILITIES

I. ~~National~~ Planning and Communications Committee

A. Chairman - AEC

B. Members - CARE, ILGCD, NCF, WFP, CRS, FGV, PBSP

C. Duties/Responsibilities

1. Prepare a ~~national~~ plan for the celebration of Nutrition Week together with its preparatory and extension activities.
2. Prepare needed communications to disseminate the plan.

II. Provincial/City Planning Committee

A. Members -

Provincial/City Superintendent/Assistant
Home Education/Nutrition Education Supervisors
Agriculture Supervisor
Health Supervisor
NFE/CAEP Supervisor

B. Duties/Responsibilities

1. Prepare a division plan for the celebration of Nutrition Week together with its preparatory and extension activities.
2. Conduct training for the AHEOC Committee re: actual activities and messages to do and stress during the celebration.
3. Supervise the implementation/observance of the Nutrition Week/Month Celebration.

III. District/School Planning Committee

A. AHEOC Committee

1. Members:

Home Economics Department Head/Coordinator
School YCAP Coordinator
District NFE Coordinator

2. Duties/Responsibilities

- a. Organizes the nutrition week celebration and extension nutrition activities.
- b. Conducts Nutrition Education Quiz.
- c. Conducts seminar-workshop for student and out-of-school youth leaders.
- d. Provides guidance to student leaders in the "On-the-Spot Poster Making Contest" in nutrition education for family members, and extension nutrition education activities.

B. Students/Out-of-School Youth Leaders

1. Members:

President of the Student Body
Class Presidents
Kabakang Barangay Chairman (NB)
Presidents of existing community youth organization

2. Duties/Responsibilities

- a. Conduct on-the-spot poster-making contest
- b. Plan and conduct activities on:
 - nutrition education for family members (July 18)
 - extension nutrition education activities (July 19-31)

Sub-Committees and Their Responsibilities

A. Seminar-Workshop Committee

1. Prepares a Training Design for the Seminar-Workshop of the ANOC Committee/ Youth Leaders.
2. Makes arrangements for logistics needed for the training.
3. Contacts/invites resource speakers/consultants.
4. Conducts the training.

B. Nutrition Education Quiz Committee (National)

Members: NRS, FET, NCF, CARE, CRS

1. Prepares questions and keep answers for the quiz.
2. Submits quiz questions to the Chairman, National Nutrition Committee (NNS)

C. Prize Committee (Local/School)

1. Solicits prizes for the winners of:
Quiz, Poster Making and Bingo
2. Submit prizes to the Chairman in the school

D. Poster-Making Committee (National and Local)

1. Constructs guidelines/criteria for judging the posters.
2. Submits guidelines/criteria to the Chairman, National Nutrition Committee (NCC)
3. For the local/school, selects and invites judges for the contest.

E. Communication Committee:

1. Prepares and sends communications/letters to people/agencies who/that will be involved in the celebration.

(Inclosure No. 2 to MEC Memorandum No. 169, s. 1978)

SUGGESTED PLAN OF ACTIVITIES FOR THE
CELEBRATION OF NUTRITION MONTH

July 1-5, 1978

Preparing Seminar-Workshop materials for teachers on Nutrition Information and Education

July 6-11

A. Conducting Seminar-Workshop for Teachers in Nutrition Information and Education

Theme: "Upgrading Competencies of Teachers in the Implementation of the RNP"

Objectives:

Provide guidance to youth trainers re-their involvement in the implementation of the RNP.

Participants:

ADHOC Nutrition Committee of each participating secondary school.

Duration: 2 days

Organizers: Provincial/City Division Supervisors/
Coordinators of Home Economics/Nutrition Education,
Agriculture, Health and GAE.

Venue: As planned.

B. Preparing Seminar-Workshop Materials for Youth Leaders scheduled for July 12-14.

C. Determining the youth leaders who will participate in the seminar-workshop.

July 12

Nutrition Education Quiz

Objective:

Find out/diagnose how much nutrition knowledge the students have acquired.

Participants: High School Students

Organizers - ANJOC Committee

Venue - High School Classrooms

July 13-14

Seminar-Workshop for Youth Leaders

Theme: "Youth Involvement in Nutrition Information and Education"

Objectives:

After the 2-day seminar-workshop, participants shall have: (1) increased their knowledge about nutrition; (2) learned the guidelines for conducting the on-the-spot poster-making contest; (3) made a plan of activities to disseminate nutrition information to the rest of the youth population (in-school and out-of-school); (4) made a plan for extension nutrition education for the families/home/community; and (5) defined their role in the PNP.

Suggested Activities:

1. Orientation/lectures on:

- a. priority messages in Nutrition
- b. role of the youth in the PNP
- c. guidelines in planning nutrition education for the rest of the youths and their family members.

2. Practicum:

- a. making a plan for the nutrition education activities to be undertaken by youths in the community.
- b. assigning committees to take charge of the plan.

July 17-18

On-the-Spot Poster Making Contest

July 19-31

Nutrition Information and Education in the Community

Objectives:

At the end of the month, each youth shall have:
(1) planted at least one tree, (2) made a poster to disseminate a nutrition priority message, and (3) at least visited and served a home in the community.

Participants:

All High School Students
Out-of-School Youths
KH's and other youth members of community organizations.

Organizers:

Youth Leaders who underwent training

Venues: School/Home/Community

TRAINING DESIGN FOR NUTRITION SEMINAR-
WORKSHOP FOR THE YOUTH

Rationale

The solution to the intricate problems of malnutrition in the Philippines necessitates a multi-disciplinary approach to all sectors of society particularly the youth. This is in view of the fact that the youth especially the high school age level of thirteen to seventeen (13-17) years old are still family-based. They are in a position to assist their own and that of the other families nearby. Their presence support the 1973 theme of the Nutrition Month Celebration, "Youth and Their Actual Involvement in the Philippine Nutrition Program Through Families They Serve."

The effective implementation of an integrated nutrition program requires the involvement and cooperation of youth leaders who act as bridge or link to reach other young people and subsequently theirs and other families.

To assure the cooperation and involvement of youth leaders, it is necessary that they understand and see its relationship with their family needs and problems. They cannot be receptive and possibly cooperate unless they know its mechanics and their role in its implementation. Hence, a seminar-workshop on nutrition for youth leaders is hereby proposed.

Objectives

General:

To carry out effectively the nutrition program at the family level in every community throughout the Nutrition Month celebration and the subsequent months.

Specific:

1. To identify the role of the youth in the families of every community
2. To evolve a more effective plan of FNP implementation.

Course Content

Lectures:

1. FNP: National Development
2. Role of the Cooperating Agencies (NSCC, NCH, NSSD, MARGD, DA) in the FNP

3. Role of the Youth Leaders in the FNT Implementation
4. Priority Messages of the FNT

Practicum:

Making a Plan on Nutrition Education for the Youth and their Families

Methodology

The seminar-workshop method will be utilized in the activity. The first day will be devoted to lectures and panel discussions while the second day will be used for small group discussions. The participants will be divided into five (5) groups with ten (10) members each. They shall be given topics/problem areas to discuss. A facilitator shall be assigned to each group to guide the work group discussion. However, each shall elect a chairman and rapporteur to ~~preside over the discussions and prepare report of the work group.~~

Suggested Problem Areas/Workgroups:

I. How can I contribute to the implementation of the Philippine Nutrition Program?

A. According to Intervention Schemes

1. Food Assistance
2. Nutrition Information and Education
3. Food Production
4. Family Planning
5. Health Protection

B. According to Environment

1. Family and relatives
2. Neighbors and other community members
3. Class and school mates
4. Own organization and others
5. Neighboring communities

C. According to Age

1. Thirteen
2. Fourteen
3. Fifteen
4. Sixteen
5. Seventeen

Participants

There shall be a maximum of fifty (50) participants to this seminar-workshop with the following composition:

High school class presidents and other officers	20
Student body officers	10
Organization leaders	20
(NFE, Kabataang Barangay, 4-H, CSP/RSP, and others)	
T o t a l	50

Duration and Site

This activity will be held for two (2) days in all high schools within July 12-18, 1978 preferably on July 13-14, 1978.

Staffing

This activity shall be undertaken jointly by the Ministry of Education and Culture (MEC) and the Ministry of Local Government and Community Development (MIGCD) in cooperation with related agencies/existing organizations in the locality. The MEC will take charge of the seminar portion, secretariat, equipment/tools for training, and site. The MIGCD will call the organizational leaders and manage the workshop part. The training staff shall include five (5) technical personnel:

- Head Department Head/Coordinator
- School YAP Coordinator
- Division NFE Coordinator
- City/Municipal Development Officer/Worker
- City/Municipal Development Coordinator and
- Two (2) administrative personnel:
 - school office clerk
 - municipal office clerk

Funding

This is a self-help activity with participants and training staff contributing their time and effort. Local support through civic/religious organizations, private individuals and local government funds and respective nutrition committees may be solicited for snacks and meals, supplies and other incidental expenses relevant to the training activity.

Evaluation

MTC and MCGD shall jointly evaluate this activity. Pre and post training evaluation questionnaires shall be prepared and administered to the participants.

(Inclosure No. 4 to NED Memorandum No. 153, s. 1973)

CRITERIA FOR JUDGING THE POSTER

- I. Over-All Concept (20%)
 - A. Layout or Organization of the elements
 - B. Typography (if types of letterings used correspond to the messages of the poster)
 - C. Color Scheme
 - II. Originality of Presentation (20%)
 - III. Content (60%)
 - A. Theme of the Subject Matter
 - B. Copy Presentation (Lettering Used)
 - C. Style (Grammar and Usage)
- { Photo
Illustration
Headline
Copy

GUIDELINES FOR POSTER DESIGN CONTEST

- I. The participants are in-school and out-of-school youths whose ages range from 13-17 years old.
- II. The subject matter of the poster must deal on the priority nutrition messages of the NNF.
- III. All participants must use plain white ordinary size cartolina.
- IV. All photos, graphics and illustrations must be done in crayon.
- V. As much as possible, the poster must be a product of student's creativity.
- VI. The text of the poster may be written in English, Filipino or local dialect.
- VII. Letterings or graphics of the poster must be clear and simple.

NUTRITION EDUCATION QUIZ FOR THE YOUTH

I. TRUE or FALSE

Directions: Read each of the following sentences carefully. If the sentence is correct, check the box before "true" and if the sentence is wrong, check the box before "false."

1. You will get proper nourishment if you eat a variety of foods. True False
2. Kalemasi is a very good source of Vitamin C. True False
3. For good health, eating snacks is as important as eating regular meals. True False
4. During illness, the body has a need for more protein and energy foods for faster recovery. True False
5. Mothers must breastfeed their babies for as long as they have milk. True False
6. Skipping breakfast is a good practice when reducing. True False
7. Body size is a result of many factors as diet, secretions of glands, inheritance, disease and activity. True False
8. Pimples are caused by eating peanuts, chocolates and other oily foods. True False
9. Milk is a complete food for infants and young children. True False
10. One must first wash vegetables before cutting them. True False
11. Drinking a good quantity of water caused one to gain weight. True False
12. Sour fruits eaten during menstruation stops menstrual flow. True False
13. Natural vitamin supplements are better than synthetic ones. True False

14. Food crops grown in poor, worn out soil is lower in vitamins than food crops grown in rich soil. True False
15. Food produced with chemical fertilizers is as nutritious as food grown with natural, organic fertilizers. True False

II. MULTIPLE CHOICE

Direction: Underline the letter of the correct answer from the stems under each number.

- The food that builds and repairs worn-out tissues.
(a) mais (b) gabi (c) kalabasa (d) tulya (e) alugbati
- A food that is rich in protein.
(a) carrots (b) rice (c) milk (d) gata (e) sugar
- An example of a body regulating food.
(a) apple (b) noodle (c) cake (d) papaya (e) hipon
- Which menu is best for lunch.
(a) panat, gulisado and sago drink
(b) rice, sinigang na bangus with kangkong leaves, banana
(c) goto with soft drink
- Select the food that is rich in calcium.
(a) mango (b) calamansi (c) dilis and other small fishes
- One of the basic needs of man aside from clothing and shelter
(a) food (b) emotional needs (c) social needs
- A nutrient abundantly found in Maguogay.
(a) Vitamin A (b) Vitamin C (c) Vitamin B
- A mother may start giving supplementary foods to her baby at the age of:
(a) 3-4 months (b) 6 months (c) 12 months
- Food rich in carbohydrates.
(a) cereal (b) legumes (c) meat

10. A nutrient that is essential for good vision.

- (a) Vitamin A (b) protein (c) fat

III. MATCHING TYPE

Direction: Write the letters of the word or phrase in Column B on the blank provided before the numbers they match under Column A.

<u>Column A</u>	<u>Column B</u>
_____ 1. Best food for infants	a. dalia, mungo, alunggay, beans and nuts
_____ 2. Good examples of cheap protein rich food	b. breast milk
_____ 3. Inability to see in the dark caused by insufficient intake of vitamin A rich foods	c. leafy, green and yellow vegetables d. night blindness
_____ 4. Cheap rich sources of vitamin A	e. Vitamin D
_____ 5. Helps in the absorption of vitamins A, D, E, and K	f. fat g. protein
_____ 6. Prevents scurvy	h. malunggay
_____ 7. An example of a food rich in Vitamin A	i. carbohydrates
_____ 8. A body-building nutrient	j. kassay
_____ 9. An example of a food rich in Vitamin C	
_____ 10. Energy-giving foods	

IV. ANSWER BRIEFLY EACH OF THE FOLLOWING:

What are the three (3) food groups according to function?

1. _____
2. _____
3. _____

Write three (3) important nutrients found in the foods we eat.

4. _____
5. _____
6. _____

Spell out or write in full the following acronyms. What agency do they stand for?

7. NEDC -
8. KOH -
9. KLOCD -
10. DAEK -
11. MSSD -
12. EPI -
13. BAI -
14. CRS -
15. CAPE -

KEY ANSWERS

I. True or False

1. False
2. False
3. True
4. True
5. True
6. False
7. True
8. False
9. False
10. True
11. False
12. False
13. False
14. False
15. True

II. Multiple Choice

1. d
2. c
3. d
4. b
5. c
6. c
7. a
8. a
9. a
10. a

III. Matching Type

1. b
2. a
3. d
4. c
5. f
6. e
7. h
8. g
9. j
10. i

IV. Answer briefly the following questions:

1. body-building foods
2. energy-giving foods
3. regulating foods
4. protein
5. fat
6. carbohydrates
7. Ministry of Education and Culture
8. Ministry of Health
9. Ministry of Local Government and Community Development
10. Bureau of Agricultural Extension
11. Ministry of Social Services and Development
12. Bureau of Plant Industry
13. Bureau of Animal Industry
14. Catholic Relief Services
15. Cooperative American Relief Everywhere