

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

May 25, 1979

NEC MEMORANDUM  
No. 136, s. 1979

1979 NUTRITION MONTH

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

1. Conformably to PD 491 dated June 25, 1974, Nutrition Month will be observed this year in July.
2. The theme of the one-month celebration is "Malusog na Bata, Malusog na Bansa" to tie up with the objectives of the International Year of the Child.
3. As in previous years, it is requested that all schools throughout the country participate in the observance of Nutrition Month. For the guidance of all concerned, suggested activities to be undertaken for the celebration of 1979 Nutrition Month are given in the inclosure to this Memorandum.
4. A brief narrative report, including pictures, of the activities undertaken should be submitted to this Office by each region (Attention: School Health and Nutrition Center, NEC, Manila) on or before December 15, 1979.
5. Immediate dissemination of the contents of this Memorandum to all concerned is requested.

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

Incl.:

As stated

Reference: NEC Memorandum, No. 169, s. 1978

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

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

~~CELEBRATIONS & FESTIVALS~~  
~~NUTRITION EDUCATION~~

~~REPORTS~~  
~~SCHOOLS~~



12



(Inclosure to MEC Memorandum No. 136, c. 1979)

SUGGESTED ACTIVITIES FOR THE CELEBRATION OF  
1979 NUTRITION MONTH

Elementary Level

First Week

1. Height-weight taking
2. Survey of common ailments
3. A-1 child contest by grade
4. Poster making contest
5. Bulletin board display contest

Second Week

1. Nutrition quiz
2. On-the-spot drawing contest

Third Week

1. Fruit-tree planting
2. Vegetable gardening
3. Putting up school herbariums
4. Contest in identifying garden tools
5. Contest in identifying seeds of legumes

Fourth Week

Food Fair

Secondary Level

First Week

1. Contest in essay writing on topics related to 1979 Nutrition Month
2. Bulletin board display contest
3. Rhyme/Jingle writing contest

Second Week

1. Nutrition quiz
2. Cooking contest or
  - a. foods for supplementary feeding of pre-schoolers
  - b. mid-morning/afternoon snacks
  - c. main dishes
  - d. vegetable dishes









Third Week

1. Fruit-tree planting
2. Contest in identifying vegetable seeds
3. Contest in budding, grafting and marcotting

Fourth Week

Food Fair

College Level

First Week

1. Bulletin board display contest
2. Poster-making contest
3. Rhyme/Jingle writing contest

Second Week

1. Nutrition skits
2. Puppet show
3. Campaign for immunization of children

Third Week

1. Fruit-tree planting
2. Community extension services
3. Cooking demonstrations

Fourth Week

Food Fair





