

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

June 30, 1980

MEC M E M O R A N D U M
No. 140, s. 1980

1980 NUTRITION MONTH

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

1. Conformably to PD 491 dated June 25, 1974, Nutrition Month this year will be observed in July.
2. In line with the theme, "Wastong Pagkain, Landas Tungo sa Magandang Kinabukasan," it is requested that emphasis be given to activities aimed at developing knowledge, attitudes and skills towards correct selection, preparation and serving of food. For the guidance of all concerned, suggested activities to be undertaken are given in the inclosure.
3. As in previous years, all schools are enjoined to cooperate with other government and non-government agencies in the observance of Nutrition Month.
4. Each region should submit to this Office (Attention: School Health and Nutrition Center, MEC, Manila) on or before December 15, 1980 a brief narrative report, including pictures of the activities undertaken.
5. Immediate dissemination of the contents of this Memorandum to all concerned is requested.

(SGD.) GONFRE D. CORPUZ
Minister of Education and Culture

Incl.: As stated

Reference: MEC Memorandum No. 136, s. 1979

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

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

CELEBRATIONS & FESTIVALS	REPORT
LEGISLATION	SCHOOLS
NUTRITION EDUCATION	

SUGGESTED ACTIVITIES FOR THE CELEBRATION
OF 1980 NUTRITION MONTH

Elementary Level

1. Jingles, rhymes about eating correct food
2. Collection of food fallacies and fairy tales about food
3. Contest in identifying vegetables, fruits and root crops
4. Planting vegetables, fruits and root crops
5. On-the-spot drawing contest of foods suitable for snacks and recess lunch
6. Slogan contest (English and Filipino) on the importance of selecting and eating proper food for snacks/recess lunch
7. Puppet show
8. Cooking demonstrations on the preparation and serving of indigenous snacks and recess lunch, and nutribuns with filling
9. Nutri-quiz

Secondary Level

1. Cooking demonstrations on the preparation of recipes suitable for lunch supplements and hot lunches
2. Essay writing contest on the topic: "The Malnutrition Problem, Some Solutions" (Refer to MEC Memorandum No. 96, s. 1980)
3. Poster-making contest related to the theme of the celebration
4. Slogan contest (English or Filipino)
5. Nutri-quiz
6. Skits on proper food selection in the school canteen, restaurants and other eating places
7. Identifying ailments caused by eating improper food
8. Survey of students' diets using the 24-Hour Food Recall
9. Planting vegetables, fruits and root crops containing the essential nutrients needed by the body
10. Exhibit/display of nutritious vegetables, fruits and root crops

Tertiary Level

1. Cookfest on the preparation of inexpensive nutritious meals for:
(a) breakfast (b) lunch (c) supper, (d) parties, fiestas, etc.
2. Lecture-demonstrations for mothers, out-of-school youths, and other interested groups on proper diets for the vulnerable groups
3. Agricultural mini-fairs
4. Contest on the preparation of one-dish meals
5. Contest on fruit and vegetable arrangements