

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

June 3, 1981

MEC M E M O R A N D U M  
No. 108, s. 1981

1981 NUTRITION MONTH CELEBRATION

- 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 will be observed this year in July.
  2. The theme of the one-month celebration is "Nutrition at Kaunlaran" to give emphasis to the on-going nutrition activities which contribute much to the development plans of the country.
  3. As in previous years, it is requested that all schools in all curriculum levels throughout the country participate in the observance of the Nutrition Month. For the guidance of all concerned, suggested activities to be undertaken are given in the inclosure to this Memorandum.
  4. A brief narrative and pictorial report of the activities undertaken should be submitted to this Office by each region (Attention: School Health and Nutrition Center, MEC, Manila) on or before September.
  5. Immediate dissemination of the contents of this Memorandum to all concerned is requested.

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

Incl.: As stated

Reference:  
MEC Memorandum: No. 140, s. 1980

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

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

CELEBRATIONS & FESTIVALS ✓  
LEGISLATION ✓  
NUTRITION EDUCATION ✓  
REPORT ✓  
SCHOOLS ✓

SUGGESTED ACTIVITIES FOR 1981 NUTRITION MONTH CELEBRATION

Elementary Level

First Week

Vegetable Gardening  
Fruit-Tree Planting  
Planting of Medicinal Plants

Second Week

Bulletin Board Display Contest (Nutrition/Medicinal  
Plants and Spices)  
On-the-Spot Poster-Making Contest  
Nutrition Quiz

Third Week

Field Trip to Food Industries  
Cooking Contest on:

- a. Mid-morning/afternoon snacks
- b. Main dishes
- c. Vegetable dishes

Fourth Week

Nutrition Skits  
Orchard and Vegetable-Garden Contest  
Food and Agro Fair  
A-I Child Contest  
Awarding of Prizes

Secondary Level

First Week

Vegetable Gardening  
Fruit-Tree Planting  
Contest in Budding, Grafting and Marcotting  
Planting of Medicinal Plants

Second Week

Essay Writing Contest  
Bulletin Board Display Contest (Nutrition/Medicinal  
Plants and Spices)  
On-the-Spot Poster-Making Contest  
Rhyme/Jingle Writing Contest  
Nutrition Quiz

Third Week

Field Trip to Food Industries  
Cooking Contest on:

- a. Mid-morning/afternoon snacks
- b. Main dishes
- c. Vegetable dishes

Cooking Demonstration on Food Processing

Fourth Week

Nutrition Skits  
Orchard and Vegetable Garden Contest  
Food and Agro Fair  
Awarding of Prizes

College Level

First Week

Vegetable Gardening  
Fruit-Tree Planting  
Planting of Medicinal Plants

Second Week

Essay Writing Contest  
Bulletin Board Display Contest (Nutrition/Medicinal  
Plants and Spices)  
~~On-the-Spot Poster-Making Contest~~  
~~Rhyme/Jingle Writing Contest~~

Third Week

Field Trip to Food Industries  
Cooking Contest on:

- a. Mid-morning/afternoon snacks
- b. Main dishes
- c. Vegetable dishes

Cooking Demonstration on Food Processing

Fourth Week

Symposium on Researches  
Nutrition Skits  
Orchard and Vegetable Garden Contest  
Food and Agro Fair  
Well-Baby Contest  
Awarding of Prizes