

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

May 30, 1983

MECS MEMORANDUM
No. 118, s. 1983

1983 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
Vocational School Superintendents/Administrators

1. Conformably with Presidential Decree No. 491 dated June 25, 1974, the month of July has been designated as Nutrition Month.
2. In line with the theme "Tiyakin ang Kinabukasan, Wastong Pagkain sa Kaugalian", it is requested that emphasis be given to activities aimed at intensifying the dissemination of nutrition information, food production in school and community, preparing simple and nutritious meals and preserving foods for future use.
3. All schools in all levels throughout the country are requested to participate in the observance of Nutrition Month. For the guidance of all concerned, general pointers for the planning of activities suitable for the region/division/school for the celebration of 1983 Nutrition Month are given in the inclosure to this Memorandum.
4. A brief narrative and pictorial report of the activities undertaken should be submitted by the regional working committee in health and nutrition to the School Health and Nutrition Center, Arroyo St., Manila on or before October 15, 1983.
5. Immediate dissemination of the contents of this Memorandum to all concerned is required.

(SGD.) ONOFRE D. CORPUZ
Minister

Incl. :
As stated

Reference :
NEC Memorandum: No. 131, s. 1982

Allotment: 1-2-5-4--(D.O. 1-76)

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

CELEBRATIONS & FESTIVALS
NUTRITION EDUCATION
PUPILS
REPORT
SCHOOLS
STUDENTS
TEACHERS
UNIVERSITIES and COLLEGES

SUGGESTED ACTIVITIES FOR 1983 NUTRITION MONTH CELEBRATION

Theme of the Month : TIVAKIN ANG KINABUKASAN, HASTONG PAGKAIN AY KAUGALIAN

Theme for the Week	Suggested Activities	Curriculum Level		
		Elem.	Sec.	Tertiar
First Week:				
"Ano ang Hastong Pagkain?"	1. Launching of Nutrition Month			
	- Kick-off Parade	X	X	X
	- School Literary Musical Program	X	X	X
	- Announcement of Family Nutrition Contest	X	X	X
	2. Demonstration teaching on the integration of nutrition concepts in various subject areas.	X	X	X
	3. Meetings with Home Room PTA	X	X	
	4. Bulletin Board Display			
	- Food Groups according to functions	X	X	X
	- Recommended Dietary Allowances for Family Members for Specific Food Groups	X	X	X
	- Menu for the Week	X	X	X
Second Week:				
"Madaling Magkaroon ng Sariling Gulayan at Hayupan"	1. Campaign for Functional Kitchen Gardens			
	- Vegetables in thick plastic cans, other recycled materials where land area is not available	X	X	X
	- Grafted/marcotted fruit trees in big cans or oil drums cut crosswise	X	X	X
	2. Establishing linkages with concerned agencies for possible dispersal of poultry and livestock starters and distribution of fruit tree seedlings.	X	X	X
Third Week:				
"Hastong Paghahanda at Pag-iimbak ng Masustansyang Pagkain"	1. Bulletin Board Display on:			
	- tips in preparing, cooking			

	2. Food preservation demonstration of simple recipes using indigenous food	X	X	X
	3. Food preservation demonstration of fruits and vegetables in season	X	X	X
	4. Cookfest	X	X	X
	5. Family Nutrition Contest	X	X	X
	6. On the Spot Poster Making Contest	X	X	X
	7. Slogan Contest	X	X	X
Fourth Week:				
"Igalin ang Kumain ng Astong Pagkain"	1. School - community nutri fair			
	- exhibits on writing posters and slogans	X	X	X
	- exhibits on food preserves prepared	X	X	X
	2. Visits to homes of winning family nutrition contest	X	X	X
	3. Field trips of nutrition and food projects of private and government agencies	X	X	X

