

Republic of the Philippines
(Republic of the Philippines)
DEPARTMENT OF EDUCATION, OFFICE OF THE SECRETARY
(OFFICE OF PHYSICAL EDUCATION, CULTURE AND SPORTS)
Manila

May 25, 1984

MEMORANDUM FOR THE SECRETARY
No. 108, s. 1984

1984 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. 431 dated June 17, 1974 the month of July has been designated as Nutrition Month.
2. The theme of the 1984 month-long celebration is "Naisang Nutrisyon sa Sariling Paggisikap" to give emphasis to self-sufficiency through "Sariling Sikap" projects as means of improving the nutritional status of school children and other family members.
3. This year's nutrition month celebration is intended to:
 - a. create awareness that proper nutrition could be attained through "Sariling Sikap" and consumer nutrition education;
 - b. emphasize the value of nutritious but cheap food;
 - c. draw attention on the importance of good nutrition;
 - d. stress the relation of improved health status and nutritional aid;
 - e. Start the year-long nutrition education activities.
4. The enclosed activities for the 1984 Nutrition Month Celebration and for the rest of the current school year are suggested ways by which the above-mentioned objectives could be attained. It is requested that the regional/division working committee on health and nutrition enrich/modify the activities to suit local conditions, and coordinate the activities at their particular implementing level.
5. All schools, both public and private, in all curriculum levels are expected to participate in the observance of this celebration.

6. It is requested that a brief narrative and pictorial report of the Nutrition Month celebration be submitted by the regional working committee on health and nutrition to the School Health and Nutrition Center, MECS, Manila, on or before September 15, 1984.
7. Immediate dissemination of this Memorandum is desired.

(SGD.) JAIME C. LAYA
Minister

Incl.:
As stated

Reference:
MECS Memorandum: No. 118, s. 1983

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

To be indicated in the Perpetual Index under the following subjects:
CELEBRATIONS & FESTIVALS
HEALTH EDUCATION
NUTRITION EDUCATION
REPORT
SCHOOLS

(Inclosure to MECS Memorandum No. 100, s. 1984)

SUGGESTED ACTIVITIES FOR 1984 NUTRITION MONTH CELEBRATION
AND FOR THE BY 1984-1985

Theme of the Month: "Wastong Nutrisyon Sa Sariling Paggisikap"

First Week

Message: "Madaling magkakaroon ng sariling gulayan, hayupan at palaiskahan para sa mabuting nutrisyon ng mag-aaral".

Suggested Activities:

A. Curriculum Activities

1. Elementary and Secondary Levels

Learning experiences in nutrition such as the following could be integrated in appropriate learning/subject areas:

- Discussion on the meaning and importance of good nutrition
- Reporting to class the results of interview/assigned reading on how the nutritional status of school children and other family members could be improved
- Identifying nutritious but cheap food found in the community
- Preparing a plan on succession planting for backyard garden showing the different nutritious vegetables that could be grown throughout the year
- Comparing the cost of production and the value of the products consumed and sold
- Reporting of group assignments on small animal raising/livestock culture
- Written/oral reports of the pupils on existing backyard gardening projects and their contribution to the family food supply

2. Tertiary Level

Nutrition symposium seminar series in colleges and universities could be conducted bi-monthly from July to December, 1984, to be coordinated by the PECS Regional Working Committee on Health and Nutrition. Suggested topics are:

- Family Nutrition and Economic Development
- The Economic Crisis: Challenge to Nutrition
- Training Programs for Nutrilivelihood Activities
- Current Issues on the Food Situation
- "Sariling Sikep" and Nutrition

B. Campaign for Functional Kitchen Gardens and Small Animal Raising Projects

1. Backyard gardens
2. Potted fruit and leafy vegetables where land area is not available

3. Grafted/grafted fruit trees in big cans or oil drums.
 4. Fish culture, rabbit raising, poultry, etc.
- C. Establishing Linkages with Concerned Agencies for Possible Disposal of Fingerlings, Poultry and Livestock, Fruit Trees and Vegetable Planting Materials

Second Week

Message: "May iba pang paraan upang katatagan ang wastang nutrasyon."

Suggested Activities:

A. Curriculum Activities

1. Elementary and Secondary Levels

Learning experiences on consumer nutrition education such as the following could be integrated in appropriate learning/subject areas:

- Planning nutritious yet inexpensive meals using "Your Guide to Good Nutrition" as a tool; discussing the recommended food servings for school children, pregnant and nursing mothers, infants and toddlers
- Explaining pointers in choosing nutritious food at the least cost ...
- Comparing the food value per unit cost of "prestige" food and common food; of various snack items available at the school canteen and sold by vendors in neighborhood stores
- Listening to a resource person talk/report to class the results of an interview or readings on, value of knowing about labels, brands, standards, mislabelling, adulteration
- Observing demonstrations on:
 - preparation and cooking of indigenous soup and nutritious food to conserve its nutrients content, to retain its flavor and taste and to make it safe to eat
 - preparation of cheap but well-balanced meals
 - food preservation when supply is plentiful
- Explaining the importance of food sanitation and food safety to the nutritional health of the family.

2. Tertiary Level

In the 33 teacher-training institutions (ITI's) in the Philippines Applied Nutrition Program, and in other ITIs, the home economics and nutrition students could organize a course in consumer nutrition education for community workers and barangay leaders who in turn will teach housewives, food retailers and vendors. The course will start during the Nutrition Month.

The following topics should be taken up in the sequence listed below:

<u>Topics</u>	<u>Description</u>	<u>Suggested Time Allotment</u>
CONSUMERISM	Consumer education and its relation to food and nutrition	1 hour
FOOD, NUTRI- TION AND HEALTH	Food and its function in the body; food needs of the vulnerable groups; differences between good and poor nutrition in relation to health	6 hours
MEAL PLANNING	Proper food selection using "Your Guide to Good Nutrition"; recommended food servings for the vulnerable groups; pointers in planning nutritious family meals	3 hours
FOOD PURCHASING	Pointers in choosing nutritious foods at the least cost; general tips in buying fresh and processed foods; value of knowing labels, brands, standards, mislabelling, adulteration, and the government agencies in charge of protecting consumers against such practices in the market, like underweighting of foods, etc.	4 hours
FOOD PREPARA- TION AND PRE- SERVATION	Importance of preparing food properly to retain the most nutrients; factors in the successful cooking of foods; ways of storing foods; tips on proper food preservation when supply is plentiful	6 hours
FOOD PRODUCTION	Importance of selective food production; what specific plants to grow and livestock to raise for adequate food supply and to augment family income; government agencies that could help in food production	3 hours
FOOD SAFETY	Importance of proper handling and storage of foods; how we can prevent a number of illness transmissible through improperly handled foods; what to do in cases of food poisoning	2 hours
FOOD FACTS, FALLACIES, FADS	What food facts, fads and fallacies are; their dangers and how these can be overcome	2 hours

RIGHTS, RESPONSIBILITIES AND DUTIES OF CONSUMERS

Rights, responsibilities and duties of consumers

2 hours

B. Demonstration on Recycling "Three-Aways"

Third Week

Message: "Ang kalusugan ay nakakantun sa pamamagitan ng halaman; gamot"

Suggested Activities

A. Curricular Activities

1. Elementary and Secondary Levels

Learning experiences on the preparation and use of medicinal plants are integrated in appropriate learning/subject areas:

- Identifying plants with medicinal value
- Inviting resource persons to talk on utilization of approved medicinal plants and participating in question-answer period
- Observing demonstration on how to prepare and use plants for medicinal purposes

2. Tertiary Level

Seminar - Medicinal Plants, Their Propagation and Use

- B. Visit of Parents and Other Family Members to the Medicinal Gardens of the School and in the Community
- C. Starting a Medicinal Garden in Every Home
- D. Distribution of Leaflets on preparation and Use of Approved Medicinal Plants

Fourth Week

Message: "Kalusog sa mag-anak, maunlad na pamayanan"

Suggested Activities

A. Curricular Activities

1. Elementary and Secondary Levels

Synthesis of the nutrition knowledge and understandings acquired during the first, second and third weeks of the month-long celebration such as:

- Planning skits, plays, demonstrations or dramatizations to be given during PTA meetings and other school occasions
- Presentation of individual plan on continuing home garden gardening to augment family food supply and income
- Evaluation of nutritive quality of snacks sold in the school canteen
- Nutrition quiz

2. Tertiary Level

- Preparing write-ups/tips on how proper nutrition could be attained through "Sardling Sikop" and consumer nutrition education, for press releases and publications in the school paper for the SY 1984-1985

B. Announcement of Year-Long Contests on "Mga Proyekto sa Sardling Sikop para sa Wastong Nutriyong".

