

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

June 6, 1985

MECS MEMORANDUM
No. 90, s. 1985

1985 NUTRITION MONTH CELEBRATION

To: Bureau Directors
Regional Directors
Chief of Service and Heads of Units/Centers
Schools Superintendents.
Presidents, State 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. The theme of the 1985 month-long celebration, "Increase Family Productivity for Economic Recovery", has been so chosen to call on family members to concertize their efforts in developing self-reliance and in improving their health and nutritional status in order to contribute to the economic stability of the country, the family, being the basic unit of the society.
3. The year's nutrition month celebration is intended to:
 - a. create awareness that self-reliance and improved health and nutritional status through family productivity can contribute to national economic recovery;
 - b. show how families could make use of technical and material resources available in the community to support their income-generating projects;
 - c. emphasize the value of marketing and cooperatives in helping families increase their productivity;
 - d. focus attention on the relationship of family economics, increased family productivity and the attainment of improved nutritional status of family members; and
 - e. provide direction to families in undertaking continuing livelihood projects and in consumer education.
4. The inclosed activities for the 1985 Nutrition Month celebration are suggested ways by which the above-mentioned objectives could be attained. Modifications/enrichments of the activities could be made by the regional and division working committees on health and

nutrition to suit local conditions. The committee members could also plan a system of monitoring and supervising the livelihood projects of the school children and their families.

5. All schools, both public and private, in all curriculum levels are expected to participate in the observance of this celebration. The schools should encourage school children and their families to undertake livelihood projects and provide them with technical assistance to make these projects not only economically profitable to the family but also a means of developing desirable values of the school children and other family members.

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, Palacio del Gobernador, Intramuros, Manila, not later than September 15, 1985. A report of the livelihood projects of the school children and their families should be included in the annual report of the region.

7. Immediate dissemination of this Memorandum is desired.

(SGD.) SALVADOR B. HERRANCO
Deputy Minister
Officer-in-Charge

Incl.:

As stated

Reference:

MECS Memorandum No. 108, s. 1985

Attachment: 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. 90, d. 1985)

SUGGESTED ACTIVITIES FOR 1985 NUTRITION MONTH
CELEBRATION AND FOR SY 1985-86

Theme of the Month: "Increase Family Productivity for Economic Recovery"

First Week

Message: Economic Recovery and Nutrition

Suggested Activities

A. Curriculum Activities

1. Elementary and Secondary Levels

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

- Class presentation and discussion of data and information gathered from interviews on the existing health problems on the community
- Listening to resource persons invited to talk on: the malnutrition problem, its magnitude, causes, effects and solutions, followed by question and answer sessions
- Reporting to class assigned readings/interviews on the economic status of the country
- Discussion on the meaning of family productivity and economic recovery; how a family could be self-reliant; relationship between economic recovery and nutrition

2. Tertiary Level

- a. Symposium seminar series in colleges and universities could be conducted bi-monthly from July to December, 1985, to be coordinated by the MECS Regional Working Committee on Health and Nutrition. Suggested topics are:
 - Community Health Problems
 - Malnutrition Problem: magnitude, causes, effects and solutions
 - Economic status of the country
 - Family Productivity and Economic Recovery: The Concept of Self-Reliance
 - Economic Recovery and Improved Nutrition
- b. A survey on community health problems could be undertaken by nutrition students and the data presented in a symposium. Data should be made available to schools and to organizations involved in nutrition and health activities.

Second Week

Message: Economic Recovery Progress

Suggested Activities:

A. Curriculum Activities

1. Elementary and Secondary Levels

Learning experiences on economic recovery programs such as the following could be integrated in appropriate learning/subject areas:

- Listening to a resource person talk/report to class assigned reading in economic recovery programs particularly those that are directed to the family and the school such as:
 - diversified food production
 - small scale industries/other income generating projects (KKE, Sariling Sikap, etc.)
 - Visiting on-going income-generating projects in the community
 - Observing demonstrations on livelihood activities

2. Tertiary Level

For vocational and technical schools, to enrich courses in industrial arts education with learning experiences relevant to improved quality of projects/handicrafts

- B. Starting individual, school and home/livelihood projects that will be evaluated at certain periods during the school year.

Teacher Training Institutions (TTI's) to integrate in their practical arts/livelihood courses the measures adopted by government to recover from its economic problems; the positive effects of economic recovery on family needs; the relation between family productivity and national stability.

- C. Going on a field trip to existing livelihood projects in the community
- D. Developing plans/proposals on small scale projects to be started in July and submitted before the end of the semester as a requirement for graduating students.

Third Week

Message: "Marketing and Cooperatives"

Suggested Activities:

A. Curriculum Activities

1. Elementary and Secondary Levels

Learning experiences on marketing and cooperatives are integrated in appropriate learning/subject areas:

- Listening to resource person talk on marketing and cooperatives
- Observing demonstrations on proper handling of products (food, handicrafts, etc.) as a tool to control their quality.
- Observing actual management of the school cooperative
- Reporting results of observation on management of school cooperative

2. Tertiary

- a. Symposium on the role of cooperatives in improving family productivity

- b. Organize a community outreach project like
 - Family cooperative
 - Tindahan sa Barangay
 - Search for the best producer in the barangay
 - Food Fair
 - Agro-industrial fair

Fourth Week

Message: "Improved Nutrition Through Family Economics"

Suggested Activities

Curriculum Activities

1. Elementary and Secondary Levels

- Discussion on the recommended food requirement for family members
- Listening to resource person invited to talk about food budgeting
- Illustration/panel discussions on the relationship of family income and nutrition needs.
- Discussion on the influences of advertisements on family food choices

2. Tertiary Level

- a. Symposium on "Food Availability and Food Demands" to be coordinated by the Practical Arts and Economics Department.
 - Formulation of food plan for specific group/barangay based on population, food supply and income
 - Conduct survey in selected barangay on commonly accepted advertised food
 - Preparation of position papers on the effect of advertisement on food acceptance
- b. Conduct survey on family food intake and prepare food plan based on results.

