

Republika ng Pilipinas
(Republic of the Philippines)
KAGAWARAN NG DEKASYON, KULTURA AT ISPORTS
(DEPARTMENT OF EDUCATION, CULTURE AND SPORTS)
Manila

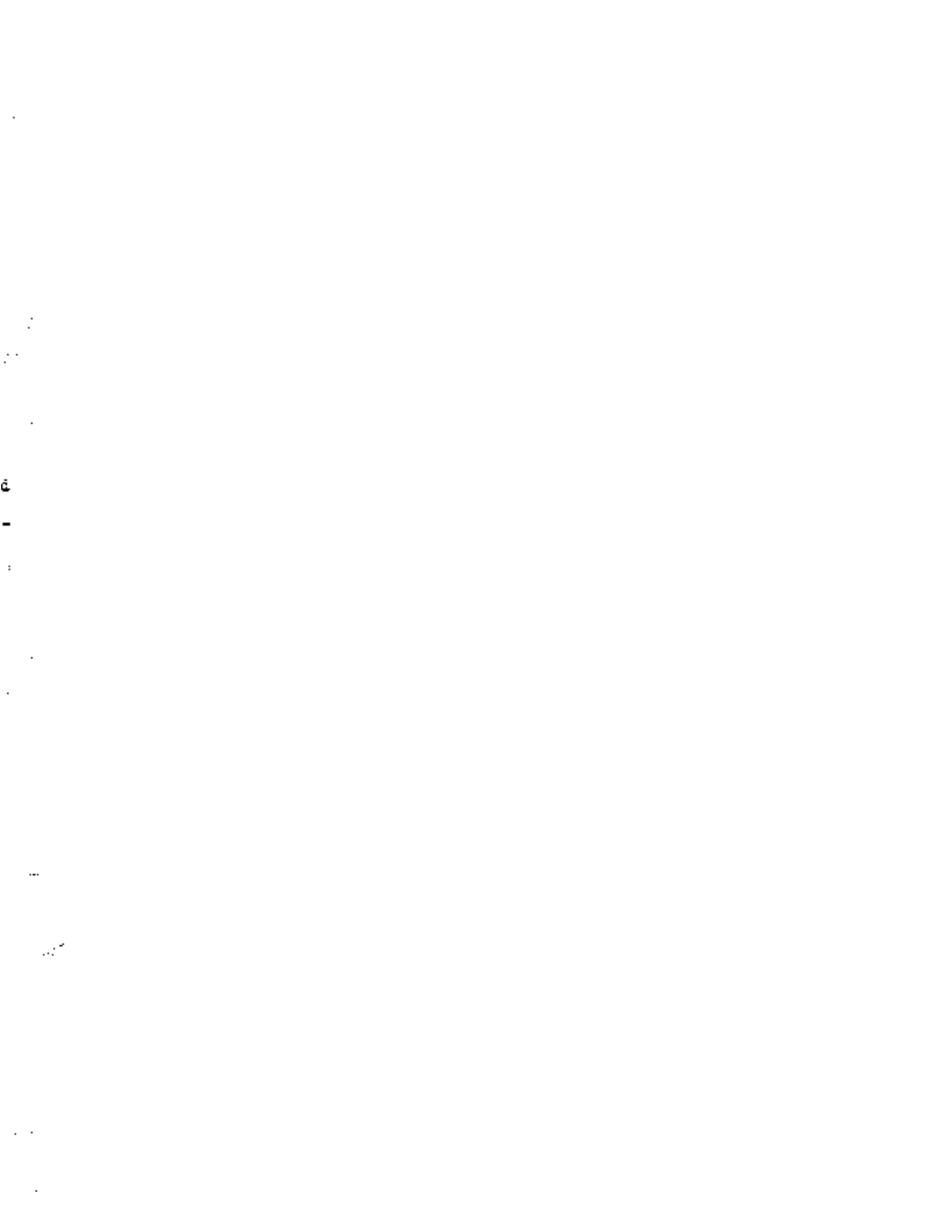
June 1, 1987

DECS MEMORANDUM
No. 116, s. 1987

1987 NUTRITION MONTH CELEBRATION

To: Bureau Directors
Regional Directors
Chief of Service and Heads of Units/Centers
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. The theme of the 1987 month-long celebration is "Sa Pagbubuklo ng Diwa at Bisig, Wastong Nutrisyon Makakamit" to underscore the importance of concerted efforts of family members, of families within a community and of the school and other agencies, in the attainment of proper nutrition.
3. This year's Nutrition Month celebration is intended to:
 - create awareness on the concept that proper nutrition is everybody's concern and could be attained and maintained through cooperation and coordination among individuals and groups;
 - emphasize the role and responsibility of the family and individual members in the requirement of good nutrition;
 - stress the value of the "bayanihan" spirit in achieving community health and nutrition;
 - strengthen linkages of the school with government agencies and non-government organizations concerned, for the improvement of health and nutrition of school children and other family members; and
 - start the year-long nutrition education and nutrition related activities.
4. The activities (listed in the inclosure) for the 1987 Nutrition Month celebration and for the rest of the school year are suggested ways by which the above-mentioned objectives could be attained.
5. It is expected that the regional/division working committee on health and nutrition and the regional/division coordinator of non-formal education meet with the representatives of private schools, government agencies, and non-government organizations concerned, to select from, enrich/modify, the suggested activities to suit a particular curriculum level, and to plan for effective community participation in the month-long celebration and for their continuing involvement in the school and community nutrition program.



6. All schools, both public and private in all curriculum levels, are expected to participate in the observance of this celebration.
7. It is requested that a brief narrative and pictorial report on the Nutrition Month celebration be submitted by the regional working committee on health and nutrition to the School Health and Nutrition Center, DECS, Manila, on or before September 15, 1987. Also, a similar report should be included in the annual report of the regional directors.
8. Immediate dissemination of this Memorandum is desired.

(SGD.) LOURDES M. QUISUMBING
Secretary

Incl.:

As stated

Reference:

NECS Memorandum: No. 77, s. 1986

Allotment: 1-2-3-4--(M.O. 1-87)

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

- ✓ CELEBRATIONS & FESTIVALS
- ✓ HEALTH EDUCATION
- ✓ NUTRITION EDUCATION
- ✓ REPORT
- ✓ SCHOOLS

SUGGESTED ACTIVITIES FOR 1987 NUTRITION MONTH
CELEBRATION AND FOR THE SY 1987-1988

THEME OF THE MONTH: "Sa Pambubuklod ng Diwa at Bisiq, Wastong Nutrisyon
Makakamit" (Coordinated Efforts for the Attainment
of Proper Nutrition)

Preliminary Activities:

- . Putting up bulletin board display depicting the theme of the month in strategic places in the school building
- . Structuring the classrooms
- . Radio broadcast announcing the Nutrition Month celebration

FIRST WEEK

Message: "Ang wastong nutrisyon ng mag-anak ay makakamit sa pagtutulungan ng mga kasapi."
(Proper nutrition of the family can be attained through cooperative efforts of family members.)

Suggested Activities:

1. Launching of the Nutrition Month Celebration

- School-community parade

The order of the parade may be by family groups whenever feasible as in the rural areas. Contest may be held among schools within a municipality/city or school district. Suggested contest areas are on attendance, orderliness, most relevant, indigenous, practical costume, and the like.

- Literary-musical program

- . Significance of Nutrition Month celebration and the theme for the month
- . Simple numbers that are relevant to the theme are preferred
- . Orientation on the weekly messages and activities

2. Classroom activities, community assemblies, School PTA meetings
- Inviting resource persons to talk on the following topics:

- . Malnutrition - its magnitude, causes, effects on human development and productivity
- . Interventions to combat malnutrition
- . Significance of the theme of Nutrition Month celebration and the message for the week

- Film, slide-showing relevant to the theme

3. Symposia, seminar series sponsored by colleges/universities and conducted bi-monthly from July to December 1987, on topics such as:

- Family Nutrition, Economic Development and National Progress
- The Economic Crisis: Challenge to Nutrition
- Nutrition: Everybody's Concern
- Nutrition and Academic Achievement

4. Non-formal education classes/Homeroom PIA

- Lecture-demonstration on meal-planning and food preparation practices
 - Visit to successful family projects on health and nutrition
 - Planning family projects to improve the health and nutrition of family members; Meeting by paroks under the leadership of the parok chairman to prepare a schedule for group work in helping out projects
5. On-the-spot contests by individual and/or group, depicting the theme and message of the week
- composition/essay writing
 - poster making
 - jingles, rhymes, songs, slogans in English and Filipino
 - preparation of one-dish meal, by family, utilizing locally available and low-cost, nutritious food

SECOND WEEK

Message: "May tungkulin ang buwat kasapi sa sarili at sa mag-anak upang makamit ang wastong nutrisyon." (Each family member has a responsibility to himself and to the family for the attainment of proper nutrition for all.)

Suggested Activities:

1. Classroom Activities

- Class discussion on ways by which a pupil/student could help obtain proper nutrition for himself and for the rest of the family
- Integrating in appropriate subject areas, activities like the following:
 - . Planning individual projects to augment family diet/income, such as food production, project at home and at school; income-generating projects, etc.
 - . Preparing an individual daily schedule of activities to help in household chores and in maintaining family projects
- Writing compositions/essays on such topics as:
 - . How I Can Keep Myself Physically Strong and Mentally Fit
 - . Improving Family Nutrition: A Challenge to Every Family Member
 - . Helping Improve the Health and Nutritional Well-Being of Family Members
 - . My Role and Responsibility on the Improvement of the Health and Nutritional Status of My Family
 - . Using Leisure Time Productively for Family Nutrition
- Making posters, writing jingles, rhymes and slogans, composing songs related to the message for the week and displaying on the bulletin board pupils'/students' best work

2. Holding school-community contests on

- Healthy Individuals
 - . A 1 Baby (12 to 24 months), parok, barangay/town level
 - . A 1 Pupil (one from each grade) at the school/district level
 - . A 1 Student (one from each year) at the school level
- Nutri-Quiz (school/district/division/region) public and

3. Inter-visitation of projects under the self-reliant movement

- snail raising and preparation of snail dishes
- functional kitchen gardens
- other small scale food production projects

THIRD WEEK

Message: "Ang pagkakaisa at pagtutulongan ng mga mag-anak sa pagpapalaganap ng wastong nutrisyon ay patungo sa malusog at maunlad na pamayanan"
(Unity and cooperation among families in the promotion of nutrition will lead to a healthy and productive community)

Suggested Activities:

1. Classroom activities

- Integration in appropriate subject areas of such topics as:
 - . Strengthening the "bayanihan" spirit of getting things done for family welfare and the common good
 - . Independence of/interdependence among families in the promotion of health and nutrition of family members

2. Non-formal education classes, Homeroom PTA

- Putting up, through "bayanihan", family/school projects on health and nutrition such as sanitary toilets, bio-intensive gardens, fencing, landscaping, etc. This should be a continuing activity starting during the Nutrition Month celebration.

3. School Health and Nutrition Committee and Barangay Council

- Preparation of guidelines on year-long contests along health and nutrition, involving families, puroks, barangays

FOURTH WEEK

Message: "Ang wastong nutrisyon ng pamilya ay medaling magsagay at mapapanatili sa pamamagitan ng pagkakaisa ng paaralan at iba pang ahensiya o samahag." (Proper nutrition of the family can be attained and maintained through the cooperative efforts of the school, other agencies/organizations and the people themselves.)

Suggested Activities:

1. Classroom activities/Non-formal education classes and Homeroom PTA meetings

- Panel discussion/resource persons from government agencies/non-government organizations concerned, on health and nutrition to talk on:
 - . role and responsibilities of agencies/organizations on the promotion of proper nutrition of the vulnerable age groups, nutritionally-at-risk families and other families
 - . assistance which families could avail of from agencies and organizations
 - . responsibilities of parents and other family members in the various health and nutrition interventions

7.)

- Preparing write-ups/tips on how proper nutrition could be attained, consumer nutrition education for press releases and publications in the school paper for SY 1987-1988

2. Interagency Conference

Under the leadership of the school, an interagency conference may be held at municipal/school level to review:

- FDC Memorandum of Agreement in the Philippine Nutrition Program as it applies at the municipal/school level
- MFCS-MCH Partnership on School/Community Health and Health Education
- Preparation of a schedule of assistance to be rendered to the school in terms of:
 - . Immunization/Deworming of school children
 - . Technical assistance in bio-intensive gardening, snail raising and other food production projects
 - . Demonstration on food preparation and preservation

3. Information dissemination on:

- Assistance of agencies in the promotion of health and nutrition which families could avail of
- Consumerism particularly on the influence of advertisement on food choices of family members; value of knowing labels, brands, standards, mislabeling, adulteration, and government agencies in charge of protecting consumers against malpractices in the market, like underweighing of foods, etc.
- Importance of selective food production; what specific plants to grow and animals to raise for adequate food supply and to augment family income; government agencies that could help in food production

4. Culmination Activities

- Mini School-Community Food and Agro Fair
- Updated bulletin board display of the theme of the Nutrition Month Celebration, including winning songs, poems, jingles, essays
- Closing Program
 - . Musical/literary numbers featuring the winning songs, poems, jingles, essays
 - . Presentation of winning posters; A.L. child, pupil student
 - . Awarding of prizes
- Announcement of the year-long contests, for SY 1987-1988, on "Iga, Proyekto ng Pamilya na Nagpapatunay na sa Pagbabuklod ng Diwa at Bisig, Magingang Nutrisyon Makakamt."

