



REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON, KULTURA AT ISPORTS
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS
UL Complex, Meralco Avenue
Pasig, Metro Manila

TANGGAPAN NG KALIHIM
(OFFICE OF THE SECRETARY)

September 24, 1998

DECS MEMORANDUM
No. 391, s. 1998

NATIONAL COOKING CONTEST FOR STUDENTS

To: Regional Directors
Schools Division Superintendents
Private Secondary School Principals

1. The Philippine Home Economics Association (PHEA) in cooperation with the Department of Education, Culture and Sports (DECS), announces the holding of the National Cooking Contest for Students on September 30, this year at the division level, October 14, 1998 at the regional level and November 22, 1998 at the national level.
2. The theme of the Contest is "Katutubong Sangkap-Kasapatan ng Pagkain" and aims to: a) identify alternative food sources in the different regions; b) develop and collect low-cost recipes using indigenous food items available in local communities; c) document traditional recipes in various regions; and d) conduct an information-motivation campaign on a national scale on the alternative food sources and recipes to encourage families to patronize them.
3. The national contest will be participated in by secondary school students from both the public and private schools. Inclosed are the contest rules (Inclosure No. 1), mechanics (Inclosure No. 2), and the evaluation criteria for the contest (Inclosure No. 3).
4. For inquiries, please contact the Secretariat, 92 Road 1, corner Road 33, Project 6, Quezon City or call Tel. No. 928-51-17.
5. Immediate dissemination of this Memorandum is desired.

Andrew Gonzalez
ANDREW GONZALEZ, FSC
Secretary

Incls.:

As stated

Reference:

None

Allotment: 1—(D.O. 50-97)

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

CONTESTS

Inclosure No. 1 to DECS Memorandum No 391, s. 1998

NATIONAL COOKING CONTEST FOR STUDENTS

RULES OF THE CONTEST

1. Only bonafide secondary students enrolled in the current school year in any private or public school would be qualified to join the contest.
2. The student's coach or trainer should be any Technology and Home Economics teacher of the school where the student is enrolled. She will be allowed to be present at all levels of the contest.
3. Two student-contestants for every school/division/region will be required to prepare and cook a main dish and a dessert (one student to a dish) at a prescribed time, within full view of the board of judges and other guests.
4. The recipes must be original and contain at least one ingredient that is indigenous, grown or produced in the community/locality where the student lives or where the school is located.
5. For Division and Regional levels, a copy of the recipe should be given to the Committees with the names of the contestants and their coaches. These will be forwarded to the PHEA Cooking Contest Secretariat at Road 1, corner Road 33, Project 6, Quezon City, Tel. No. 928-5117.
6. The regional representatives should provide the board of judges (through the PHEA Secretariat) a copy of their recipes at least a week before the national competition.
7. Regional winners and the winning coach, will be provided transportation expenses to and from Metro Manila and will be housed by the PHEA during the national competition.
8. Decision of the judges will be final.

NATIONAL COOKING CONTEST FOR STUDENTS

MECHANICS

1. **Cooking contests at the various levels (school, division and regional) should be conducted under the coordination of a Committee to be composed of the following: Chairman - Department Head/Supervisor; Members - any two officials who shall be designated by the school/division/regional head depending on the level of the contest. The school head/schools superintendent/regional director will be the consultant of the Committee at the various levels. The school will provide for the materials at the school level while in the division/regional levels, these materials will be provided by company sponsors.**
2. **Judges of the contest may be the members of the Committee or may be any capable prominent personalities and/or professionals in the community to be invited by the Committee.**
3. **Winners at the school level will represent their schools at the division level contest and winners of the division contest will represent the division at the regional level contest. Regional representatives will participate in the national competition to be held in Metro Manila. The exact venue will be announced later.**
4. **The attached criteria for evaluation (Inclosure No. 3) may be used at the school, division and regional levels. However, the local committees are free to include additional items they see fit to further refine the criteria.**
5. **The regional winners along with their coaches will be informed of the final criteria for evaluation as well as the other basic requirements for the national competition.**
6. **The contest period will start any time as decided by the committee to allow for the multi-level competitions. The national competition will be on November 22, 1998.**

NATIONAL COOKING CONTEST FOR STUDENTS

CRITERIA FOR EVALUATION

1. Work Habits

Orderly preparation of materials, neat working area and style, clean working clothes and accurate techniques, adherence to work and time schedule.

2. Preparation

Practical, easy, indigenous and expedient preparation techniques, free of unnecessary movements, preparations and sophisticated equipment not found in ordinary Filipino homes.

3. Nutritive Value

The nutritive value of one serving of the main dish should be enough to meet at least 1/3 of the protein RDA of the high school student.

4. Serving Method and Presentation

Aesthetic, attractive, with a touch of indigenous flavor.

5. Taste

The natural flavor of the dish shall be the predominant basis in determining palatability. Sufficient seasoning is encouraged only to enhance the flavor of the main ingredient.

6. Cost

The main dish for a family of 5 should not cost more than P70.00. The dessert for a family of 5, not more than P30.00.

Suggested Guide for Scoring

Work Habits	-	20%
Preparations	-	20%
Nutritive Value	-	30%
Serving Method and Preparation	-	10%
Taste	-	20%