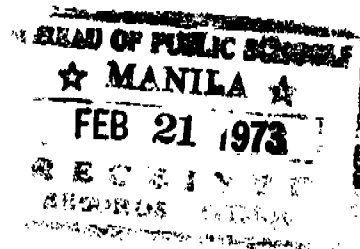


REPUBLIKA NG PILIPINAS
Republic of the Philippines
KAGAWARAN NG EDUKASYON
Department of Education
Manila



DEPARTMENT ORDER
N. 3, s. 1973

February 15, 1973

URGING SCHOOLS TO UNDERTAKE ACTIVITIES
TO ACHIEVE THE OBJECTIVES OF KILUSAN
NG WASTONG PAGKAIN SA BAGONG LIPUNAN

TO: The Director of Public Schools;
Director of Private Schools;
Director of Vocational Education;
Coordinators of State Colleges; and
Universities:

1. The Kilusan ng Wastong Pagkain ng Bagong Lipunan has been launched to promote more effective food selection and food consumption habits among our people in order to develop a healthier, sturdier citizenry. Studies have shown that many of the health and malnutrition problems in this country are traceable to certain defects in the food habits of our people particularly in regard to cereal consumption. The Kilusan ng Wastong Pagkain aims to correct these defects.

2. It is desired, in this connection, that all schools actively support this movement by undertaking proper activities specifically in regard to the following:

- a. Spreading awareness of the need to reevaluate our social practices, traditions and habits relative to food, particularly in regard to cereal consumption.
- b. Disseminating information on the food products available - like root crops, beans and green leafy vegetables - which, along with rice, can render the diet more adequate and varied.
- c. Developing awareness that, for greater health and sturdiness, rice alone is not sufficient; adequate amounts of fish, fruits and vegetables should be included in the diet.

- d. Disseminating information on proper storage, correct preparation and adequate serving portions of rice and other foods.

3. Inclosed is a suggested list of curricular and extracurricular activities which schools may adopt, or otherwise use as guide, in helping achieve in a most efficient way, the objectives of the movement.

4. It is requested that a report on the implementation of this Department Order be submitted to this Office.

(SGD) JUAN L. MANUEL
Acting Secretary of Education

Incls.:
As stated.

(Inclosure to Department Order No. 3)

SUGGESTED ACTIVITIES FOR ATTAINING THE OBJECTIVES
OF THE KILJUSAN NG WASTONG PAKKAIN
SA BAGONG LIPUNAN

SCHOOL ACTIVITIES

A. Food Production

1. Evolving a cropping pattern for school garden to have continuous balanced supply of Vitamin A sources (leafy green and yellow vegetables) and Protein sources (legumes). A 2:3 ratio of Vitamin A sources to Protein sources will avoid over supply of leafy vegetables.
2. Encouraging pupils to dovetail the food production (school garden) program and the school feeding program.
3. Starting a small livestock raising project in schools such as poultry, piggery, rabbitary and also inland fish culture to provide sources of protein.
4. Demonstrating the proper harvesting, handling, storing and preparation of vegetables.
5. Conducting in-service training for all teachers on selective food production.
6. Strengthening agricultural club organizations for more home products of the pupils.

B. School Feeding

1. Preparing and serving snack recipes using a variety of root crops, beans and green leafy vegetables.
2. Planning adequate ~~adequate~~ menus for school lunch in the school canteen with minimal amount of rice.
3. Campaigning for clean-plate in the lunch counter.
4. Making a study of how and how much rice is wasted in the lunch counter.
5. Holding contest on the development of snack recipes that meet $\frac{1}{2}$ of the Recommended Daily Allowance (RDA) using root crops, beans and vegetables.

C. Home Economics Activities

1. Lecture - demonstration on
 - a. How to prepare rice without "tutong"
 - b. How to prepare rice mixed with corn (2 parts rice, 1 part corn)
 - c. How to prepare rice mixed with root crops
 - d. How to prepare just enough rice for the family
 - e. Utilizing left-over rice into Puffed Rice, Arroz a la Valenciana, Fried Rice, Steamed Rice
2. Sponsor a symposium on rice conservation. Some suggested topics are;
 - a. Social practices, traditions and food habits related to cereal consumption
 - b. What food can partly substitute rice in an adequate meal
 - c. Proper storage of rice
 - d. Correct preparation and adequate serving of rice and other foods
3. Putting up exhibits of meals of different costs showing adequate servings of rice and other foods contrasted with existing meal pattern of too much rice and fish/meat.

D. Activities in Art, Language Arts and Other Related Subjects

1. Making posters depicting spill-overs on the floor, morsels left on the plate, inedible charred "tutong" and the effect of these on the amount of rice available to the family.
2. Theme writing on ways rice is wasted at home.
3. Contest on-the-spot essay writing: "How We Can Help Conserve Rice At Home."
4. Preparing charts and graphs on the nutrient contents of common vegetables for display and for distribution to the community.

OUT-OF-SCHOOL ACTIVITIES

1. Organizing 4-H Club and FFP clubs with the assistance of the Bureau of Agricultural Extension personnel with emphasis on production of varied vegetables, legumes, fruits to add to the day's diet.
2. Conducting adult class or food production and utilization of rice and root crops.
3. Holding of annual garden days or agricultural fairs involving both the school and out-of-school population. Products as well as food preserves and food recipes may be displayed.
4. Inter-visitation of home products.
5. Lecture-demonstrations on how to conserve rice from the field to the table such as:
 - a. Using spill-proof containers for holding rice harvested
 - b. Saving rice grains during the process of milling
 - c. Ways of utilizing left-over rice
 - d. Cooking a little less than the usual amount of rice consumed by the family and filling up with other foods like vegetables, fruits, beans, mungo, root crops, etc.

