



Republic of the Philippines  
Department of Education  
National Capital Region  
DIVISION OF CITY SCHOOLS  
Nueva Ecija St.  
Bago Bantay, Quezon City



July 30, 2012

**MEMORANDUM**

To: Asst. Schools Division Superintendents  
Division/District Supervisors  
Public Elementary/Secondary School Principals  
Teachers-In-Charge  
Nutrition Coordinators  
Health and Nutrition Section

**CORRIGENDUM TO UNNUMBERED MEMO DATED JULY 23, 2012  
RE: NUTRITION MONTH 2012**

1. The Division Nutrition Month Celebration shall be held on August 1, 2012 instead of the aforementioned date due to bad weather.
2. For further information regarding other activities, please contact Mrs. Magdalena Aganon, Nurse-In-Charge, Health and Nutrition Section at 352-77-47.
3. For immediate and wide dissemination.

**CORAZON C. RUBIO, CESO VI**  
Schools Division Superintendent



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Department of Education  
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DIVISION OF CITY SCHOOLS  
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Bago Bantay, Quezon City



July 23, 2012

## MEMORANDUM

Asst. Schools Division Superintendents  
Division/District Supervisors  
Public Elementary/Secondary School Principals  
Teachers-In-Charge  
Nutrition Coordinators  
Health and Nutrition Section

### NUTRITION MONTH 2012

1. In view of the 2012 nutrition Month Celebration, the Health and Nutrition Section, this Division, in partnership with the Local Government of Quezon City, invites all schools to observe Nutrition Month in their respective schools. All public elementary and secondary schools are directed to conduct Nutrition Month Activities such as On-the-Spot Poster Making Contest, Jingle and Rap Singing Contest, Sabayang Bigkas, A1 Contest, Malunggay Cooking Contest, Culminating Programs and Nutri-Parade.
2. At the Division Level, a Nutri-fair will be held at Quezon City Science Interactive Center Grounds (~~on July 31, 2012~~) (August 1, 2012).
3. During the Nutri-fair, a nutri-parade will be held at 8:00 am. Each Congressional District shall choose their representatives for the parade. This will involve 10 pupils of Elementary Schools from each Congressional District with their costumes. Prizes will be awarded for the group who has the best costume, judged according to the following criteria.

Originality	25%
Creativity	25%
Environment Friendly	25%
Visual Impact	25%
Total	100%

4. The following contests shall be conducted

Elementary:  
On-the-Spot Poster Making Contest  
Jingle and Rap Singing Contest  
Malunggay Cooking Contest  
Healthy and Bibo Kid: A1 Child Contest

Secondary:  
On-the-Spot Poster Making Contest  
Sabayang Bigkas Contest

Guided by the theme **Hamon sa Bayan: "Pagkain ng Gulay Ugaliin, Araw araw Itong Ihain"**, these contests aim to disseminate important messages among nutrition workers, implementers and clientele.

### On-the-Spot Poster Making Contest:

- Qualified Participants are pupils from grades V and VI for the elementary level and students from 3<sup>rd</sup> year and 4<sup>th</sup> year for the secondary level.
- All Congressional Districts shall conduct an On-the-Spot Poster Making at the District Level.
- The Winner at the Congressional District Level shall be the representative at the Division Level on July 31, 2012 at 9:00 to 11:30 a.m.
- Names of entries must be endorsed at the Health and Nutrition Section on or before July 30, 2012. Official entry must indicate the complete name of the contestant, school, grade/ year level and section and name of the trainer or coach.
- Participants are required to bring necessary art materials for the contest which are ¼ size illustration board, Craypas and Pencils. These will be the only medium allowed for drawing. No pentel pens allowed.
- Posters must be in consonance with the nutrition month theme.
- Contest proper will be for two and a half (2 1/2) hours.
- All Posters will be coded for judging. Criteria for judging will be as follows:

Symbolism	-	40%
Visual Impact	-	35%
Originality	-	25%
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Total	-	100%

- Posters which attained the highest percentage rating will be proclaimed winner. There shall be one (1) winner and two (2) placers and 2 consolation prizes.
- Winners shall receive medals and certificates of award. Participants and coaches shall be given certificates of participation each.
- All posters will become the property of the Health and Nutrition Section.
- Decision of the Board of Judges is considered final and irrevocable.

### Malunggay Cooking Contest:

- The contest is open to all Grades V and VI pupils.
- Recipes must make use of malunggay.
- Each participating school must compete on the Congressional District level. Winner per Congressional District will automatically enter the Division level.
- Official entries must indicate the complete name of the contestants, the school, grade level and section and name of the trainer or coach.
- The representatives shall compete in the Cooking contest Division Level on July 31, 2012 at (9:00 to 11:30 a.m.).
- The participants shall be composed of not more than 3 members.
- Participants must bring their own ingredients, utensils and electric stoves for cooking, extension wires, tables and chairs.
- Each group shall be given two and a half hours for the preparation, cooking and presentation.
- Participants are not allowed to bring in prepared ingredients.
- Food prepared, cooked and presented shall be coded for judging. Criteria will be as follows:

Originality	30%
Palatability	30%
Presentation	15%
Nutritional Value	20%
Estimated Value Cost	5%

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Total	100%

### Jingle and Rap Singing Contest:

- The contest is open to all Grades V and VI pupils
- All Congressional Districts shall conduct a Jingle and Rap Singing Contest at the District Level.
- Names of entries must be endorsed to the Health and Nutrition Section on or before July 30, 2012. Official entry must indicate the complete name of the contestant, school, grade level and section and the name of trainer or coach.
- The representatives shall compete in the Jingle and Rap Singing Contest at the Division Level on July 31, 2012 at 1:00 – 4:00 p.m.
- The participants shall be composed of not more than eight (8) members.
- Participants must bring their own accompaniment or props for the presentation.
- All presentation shall be coded by judging. Criteria for judging shall be as follows:

Originality	
Lyrics	45%
Melody	35%
Choreography	10%
Audience Impact	5%
Costume	5%
Total	100%

- The group who attained the highest average rating shall be proclaimed winner.
- Winners shall be announced at the end of the activity.
- Decision of the Board of Judges is considered final and irrevocable.

### A1 Child Contest – Healthy and Biba Kid:

- The contest is open to all Grades I, II and III pupils
- All Congressional Districts shall conduct an A1 Contest at the District Level.
- The Winner at the District Level shall represent the CD at the Division Level at 9:00 to 11:00 a.m.
- Names of entries must be endorsed to the Health and Nutrition Section on or before July 30, 2012. Official entry must indicate the complete name of the contestant, school, grade level and section and the name of trainer or coach.
- The representatives shall compete in the A1 Contest at the Division Level.
- All contestants shall be judged according to:

Physical Appearance	20%
Nutritional Status	25%
Mental Ability	25%
Dental	20%
Immunization	10%
Total	100%

- The contestants who attained the highest average rating shall be proclaimed winner.
- Winners shall be announced at the end of the activity.
- Decision of the Board of Judges is considered final and irrevocable.

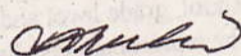
### Sabayang Bigkas

- The contest is open to all Third Year and Fourth Year Students.
- All Congressional Districts shall conduct a Sabayang Bigkas at the District Level.
- Name of Congressional District winners must be endorsed to the Health and Nutrition Section on or before July 30, 2012. Official entry must indicate the complete name of the contestants, school, year level and section and the name of trainer or coach.
- The representatives shall compete in the Sabayang Bigkas Division level on July 31, 2012 at 1:00 to 4:00 p.m.

- The participants must bring their own accompaniment or props for the presentation.
- Each group shall be given not more than five (5) minutes for the presentation.
- All presentations shall be coded for judging. Criteria for judging shall be as follows:

Originality	
Lyrics	45%
Melody	35%
Choreography	10%
Audience Impact	5%
Costume	5%
Total	100%

- The group who attained the highest average rating shall be proclaimed winners.
  - Winners shall be announced at the end of the activity.
  - Decision of the Board of Judges is considered final and irrevocable.
6. A report regarding the activities done at the school level shall be submitted to the Health Nutrition Section at the end of the month.
  7. For further information regarding other activities, please contact Mrs. Magdalena Aganon, Nurse-In-Charge, Health and Nutrition Section at 352-77-47.
  8. For information and guidance of the filed.
  9. Immediate and wide dissemination of this memorandum is highly desired.



**CORAZON C. RUBIO, CESO VI**  
Schools Division Superintendent