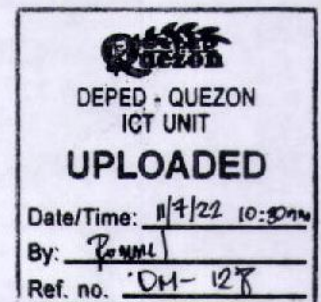




Republic of the Philippines  
**Department of Education**  
Region IV-A  
SCHOOLS DIVISION OF QUEZON PROVINCE



02 November 2022

**OFFICE MEMORANDUM**

**OM No. 128, s. 2022**

**PROMOTING HEALTHY FOODS AND BEVERAGES AND FOOD SAFETY COMPLIANCE  
IN SCHOOLS AND OFFICES: A NUTRITION SUPPORT PROGRAM ACTIVITIES  
TOWARDS A HEALTHY LIFESTYLE MODIFICATION**

**To:** Assistant Schools Division Superintendents  
Division Chiefs  
Section/Unit Heads  
SDO Personnel  
School Health Personnel  
All Others Concerned

Pursuant to DepEd Order No. 13, s. 2017 titled "Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices and in reference to Memorandum from the Office of the Assistant Secretary for Procurement and Administration, this Office through the SGOD-School Health Section announces the conduct of an activity titled "Promoting Healthy Foods and Beverages and Food Safety Compliance in Schools and Offices: A Nutrition Support Program Activities Towards a Healthy Lifestyle Modification" to support and strengthen the implementation of nutrition support programs in the Division on November 11, 2022 from 8:30 a.m. – 12n.n. at the SDO-Training Center, Talipan Pagbilao Quezon.

The activity aims to encourage not only our learners but also our personnel to increase the intake of healthy foods and develop attitudes and desirable habits towards healthier lifestyle.

From the previous nutritional assessment among SDO personnel, the data shows that out of the total number of personnel assessed, 42.11% or 72 among male and female personnel are overweight, while 10.53% or 18 are obese. Only 40.94% or 70 personnel belongs to normal body mass index, while 5 or 2.92% are underweight. According to World

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Health Organization (WHO), the rising cases of overweight and obesity worldwide are linked to an upward trend of chronic and non-communicable diseases, also called as lifestyle – related diseases, like cancer, cardiovascular diseases and diabetes.

Among the intervention aside from physical activity is to educate and increase awareness on the recommended healthy foods and beverages, discuss the green, yellow and red category and its nutrition facts as indicated in DO 13, s. 2017 and likewise emphasized the importance of food safety compliance on Flow of Food from purchasing to serving.

Relevant to this, there will be three (3) groups to compete for the cook fest, representing the SDO, CID and SGOD. Each division shall be composed of 10 members to compete for each category. Three (3) shall be in-charged for the category of appetizer, three (3) for the main dish, three (3) for the beverages and one (1) shall be in-charge for the presentation of output. The members of the team per division shall be composed of personnel coming from the different unit or section to maximized its participation and exchange of ideas on the menu to be presented. Final composition of each member shall be submitted to the School Health Section for further instructions on November 7, 2022. This activity shall observed the “No interruption of day - to - day work and operation based on time on task policy”.

Please see enclosed program of activities and criteria and guidelines for reference.

For any inquiries, kindly see Ma. Teresita M. Abella, Nurse II/NIC/Division SBFP Focal at the School Health Section.

Immediate and widest dissemination of this Memorandum is earnestly desired.

*ea*

**ELIAS A. ALICAYA JR., EdD** ✓  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent

shsmtma11/02/2022

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Enclosure to OM No. 129, s. 2022

**CRITERIA and MECHANICS FOR THE CONDUCT OF DIVISION COOK FEST**  
(Promoting Healthy Foods and Beverages and Food Safety Compliance in Schools and  
Offices: A Nutrition Support Program Activities Towards A  
Healthy Lifestyle Modification)

1. The activity shall be participated by each division from the SDO, CID and SGOD. Each division shall be composed of 10 members, preferably at least 1-2 participants from each unit or section who are culinary enthusiasts. They are required to be at the venue 30 minutes before the contest proper. Five (5) points will be deducted from the total score of the groups who will arrive late.
2. The members of each team shall be divided per category of menu to be presented. There will be in-charge for the category of :
  - Appetizer - 3 members
  - Main Dish - 3 members
  - Beverages - 3 members
  - Presenter - 1 member
3. Participants will be provided with ingredients in a **Mystery basket**. While the cooking paraphernalias and other materials shall be brought by each members of the team such as electric stove, plates, spoon and fork, knives, chopping board, glass and pitcher, placemat and table cloth, apron, hairnet, kitchen gloves, kitchen towels, trash bin, casserole, oven toaster, measuring cup and spoon, colander, grater, blender, tongs, slotted spoon, large spoon, peeler, can opener, kitchen shears, pans and other kitchen utensils. Each will also be provided with water for cooking and washing ingredients.
4. The challenge is to prepare dishes based on the ingredients provided. The duration of the cook fest will last for 2 hours and they will be judged based on the following **criteria**:
  - Nutritive value and Taste (30%) - The dish should be nutritionally well balanced and must emphasize Philippine taste
  - 30 % Food Safety compliant (30%)– Food safety is properly observed
  - Originality and Creativity (25%) - Recipes are not copied from magazines, cook books, or other contests

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- Presentation, Texture and Color (15%) – contrast of plating and design; Appetizer and main course shall complement the flavors, taste, and styles of each other.
5. The activity shall start with a talk on the Healthy Food and Beverages and Basic Food Safety as part of the awareness and advocacy campaign then follows the cook fest.
  6. In compliance to **Food Safety**, all members of the team are required to be in good health condition, no cough and colds, fever, loose bowel movement (lbm), liver or any gastric problems during the activity. Members of the team shall observed proper handwashing before touching any food items. Food safety compliance shall be observed throughout the cook fest.
  7. Each team has a designated committee who will observe the whole duration of the activity.

#### **MECHANICS**

1. Each team will be given ten (10) minutes to write their recipe in the official recipe form every after cooking a dish and to submit it to the organizers.
2. The participants must provide a Title Card which contains the title and the brief description of each of the dishes on display. This must be submitted together with the Recipe Form. A five (5)-point deduction from the total score shall be incurred for non-submission of the title card.
3. The title cards must be placed on the display area of the participant's dishes prior to judging.
4. All competitors are requested to wear proper cooking attire. Each team must bring at least three (3) plain white kitchen towels.
5. All preparation and cooking of dishes, including garnishes, must be entirely made and crafted on the spot. A team who brings in any cooked item will be disqualified. Before the competition starts, each working area will be checked by the committee to ensure that no item (e.g., food and beverage) has been brought in.
6. Every team should prepare two plates for each dish – one for display and another one to be served to the judges for tasting.

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7. The participants will be given a total of two (2) hours broken down into four (4) segments. Dish is to be served and displayed at the end of each segment.

Segment 1 (15 min): Mise en place

Segment 2 (30 min): Appetizer/snack

Segment 3 (45 min): Preparation, cooking, plating and final touch for entrée or main course and beverages

Segment 4 (30 min): Clean up, organization of the competition area, and writing of recipe.

8. One team will be declared as Grand Winners. Teams who will garner top scores in the different categories shall also be recognized.

