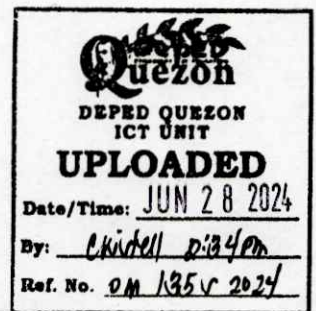




Republic of the Philippines
Department of Education
 Region IV-A
 SCHOOLS DIVISION OF QUEZON PROVINCE



OFFICE MEMORANDUM
OM No. 135, s. 2024

26 June 2024

2024 NUTRITION MONTH CELEBRATION

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

Pursuant to Presidential Decree No. 491 in 1974, which states that “The month of July shall be designated as the Nutrition Month” and in line with the programs of National Nutrition Council, this Office, announces the conduct of 2024 Nutrition Month Celebration (NMC), with the theme, **“Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat”** on July 5, 2024 at venue to be announced in a separate memorandum.

The activity focuses on the advocacy awareness on the Philippine’s Plan of Action for Nutrition, food security the healthy food intake, strategies on improving the consumption of healthier diets, adopting positive nutrition practices, and increasing access to quality nutrition services and enabling mechanisms.

Relevant to this, all functional division are advised to select among their units a total of 15 representatives to join the activity for the Search for Mr. and Ms. A1 SDO personnel and in the Cooking demonstration of healthy recipes. Each division shall be composed of the following participants to compete for each category:

Category	Participants
Appetizer/ Snack	4
Main Dish	4

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Drinks/Beverages	4
Table setting and presentation	1
Entry for the Search for Mr. and Ms A1	2 (Male and Female)
Total pax	15

The members of the team per division shall be composed of personnel coming from the different unit or section to maximize 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 July 1, 2024. This activity shall observe 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.

Travel and incidental expenses shall be charged against Division MOOE subject to the usual accounting and auditing rules and regulations.

Should there be any relevant queries, kindly see Dr. Marie Antoinette A. Tesalona, Medical Officer III and Ma. Teresita M. Abella, Nurse II/NIC at the School Health Section.

Immediate and widest dissemination of this Memorandum is earnestly desired.


ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent

shsmtma06/26/2024

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Enclosure to OM No. 135, s. 2024

CRITERIA and MECHANICS FOR THE CONDUCT OF DIVISION COOK FEST
2024 Nutrition Month Celebration

1. The activity shall be participated by each division from the SDO, CID and SGOD. Each division shall be composed of 15 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 - 4 members
 - Main Dish - 4 members
 - Beverages - 4 members
 - Presenter - 1 member
 - Entry for the Search Mr. and Ms AI – 2 (male and female)
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 3 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
 - 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 2024 Nutrition Month Celebration theme 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 (3) hours broken down into four (5) segments. Dish is to be served and displayed at the end of each segment.

Segment 1 (30 min): Mise en place

Segment 2 (30 min): Appetizer/snack

Segment 3 (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.

Segment 5 (30 min): Awarding of Mr. and Ms A1 SDO personnel

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

9. The selection of Ms. and Mr. A1 SDO personnel shall have the following criteria:

- With pleasing personality- 20%
- Knowledge and Understanding of Nutrition- 30%
- Advocacy and Engagement- 30%
- Leadership and Influence- 10%
- Personal Qualities- 10%

10. Each participants in the Search for Ms. And Mr AI SDO personnel shall wear their best costume in the most cheapest way symbolizing his/her advocacy relevant to the Nutrition Month Celebration.

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Nutrition Month Celebration : Cooking Festival

REGISTRATION FORM

Division: OSDS

CID

SGOD

(Please check which division you belong)

Members of the team:

No.	Name	Section/Unit	Category (Appetizer/snacks; Main Dish; Beverages/drinks)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Submitted by: _____

Date of submission: _____

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Nutrition Month Celebration : Cooking Festival

Competition Judging Rubric

Division: SDO

CID

SGOD

(Please check which division you are judging)

Category: _____

Date: _____

Criteria

On a Scale of 1-5 with 5 Being Perfect

Criteria	1	2	3	4	5
Nutritive Value and Taste (30%) - the dish should be nutritionally well balanced and must emphasize Philippine taste					
Food Safety Compliant (30%) - food safety is properly observed from preparation to serving					
Originality and Creativity (25%) - recipes are not copied from magazines, cook books or other contests					
Presentation, Texture and Color (15%) - contrast of plating and design; appetizer and main course shall complement the flavors, taste and styles of each other					
Technical Grid: The recipe template was complete and contained clear and concise information.					

Total Score: _____

Comments: _____

Judge: _____

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