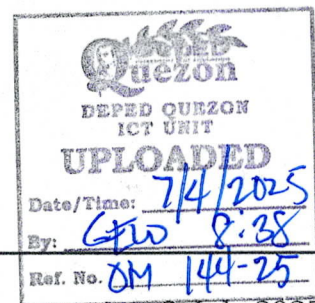




Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE



2 July 2025

OFFICE MEMORANDUM

OM No. 144, s. 2025

CULMINATING ACTIVITY ON NUTRITION MONTH CELEBRATION FOR FY 2025

To: Assistant Schools Division Superintendents
Division Chiefs
Section Heads
Public Schools District Supervisors
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 the 2024 Nutrition Month Celebration (NMC), with the theme " Sa PPAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat" on July 11, 2025 at SDO Talipan, Pagbilao Quezon.

The activity aims to strengthen the advocacy for healthier food choices and improved lifestyle behaviors that are sustainable and inclusive. Through interactive activities such as nutrition education campaigns, healthy meal preparation contests, physical fitness events, the project seeks to foster a deeper understanding of nutrition and health. These activities are expected to cultivate lifelong habits that contribute to reducing malnutrition, preventing diet-related diseases, and promoting a culture of wellness across different sectors of the community.

Relevant to this, all functional divisions are advised to select among their units a total of 30 representatives to join the activity for the **Pinggang Pinoy Cookfest, Zumbafest and Slogan Contest**. Each functional division shall be composed of the following participants to compete for each category:

Category	Participants
Breakfast	5
Snacks/ Appetizer	5
Main Dish	5

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Drinks/Beverages	5
Slogan Contest	2
Zumbafest	8
	30

The members of the team per functional division shall be composed of personnel coming from the different units or sections to widen their participation and exchange of ideas on the menu to be presented. Final composition of each team shall be submitted to the School Health Section for further instructions on July 8, 2025. 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

SHS/MTMA/07/02/2025

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Enclosure to OM No. 144 s. 2025

CRITERIA AND MECHANICS FOR THE CONDUCT OF DIVISION NUTRITION MONTH CELEBRATION

A. Pinggang Pinoy Cookfest

1. The activity shall be participated by each functional division- OSDS, CID and SGOD. Each division shall be composed of 30 members, preferably at least 2-3 participants from each unit who are culinary enthusiasts. Due to limited space in the division, each functional division are free to choose where they will conduct their preparation and cooking of each category to be presented at the Library Hub on a given time.
2. The members of each team shall be divided per category of menu to be presented .
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, table cloth, 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, peeler, can opener, and other kitchen utensils. All are responsible to observe food safety and cleanliness while performing the activity.
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 Pinggang Pinoy taste.
 - Food Safety compliant (30%)- Food safety is properly observed.
 - Originally 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.
5. The activity shall start with a talk on the 2025 Nutrition Month Celebration theme as part of the awareness and advocacy campaign then follows the cook fest.
6. Each team has a designated committee who will observe the whole duration of the activity.
7. All competitors are requested to wear proper cooking attire, with apron, hairnet, cooking gloves and kitchen towels.

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8. Every team should prepare two plates for each dish-one for display and another one to be served to the judges for food tasting.
9. One team will be declared as Grand Winner. Team who will garner top scores in the different categories shall be recognized.

B. Zumbafest Challenge

Performance Guidelines:

- Each team/individual will perform a Zumba routine lasting **3–5 minutes**.
- Routines must incorporate basic Zumba steps.
- Use of props and costumes is encouraged but not required.
- Music must be family-friendly and pre-approved by organizers.
- Participants will perform live on stage or on the dance floor.
- A short warm-up session will be held before performances begin.
- Judges will evaluate performances live.

C. Slogan Contest

- Entries must be original and must not infringe on any copyrighted material.
- Maximum of **8 words** per slogan.
- Must be submitted on or before **July 10, 2025**.
- Include participant's name, functional division/section, and a 1–2 sentence explanation of the slogan's meaning.

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Enclosure 2 to DM No ____ s. 2025

Program of Activities

Date	Activities	Person Involve
July 7, 2025	<ul style="list-style-type: none">• Advocacy Awareness: Nutrition Month Celebration• Announcement of SDO Culminating Activity	Marie Antoinette A. Tesalona, MD Medical Officer III
July 8, 2025	<ul style="list-style-type: none">• Submission of Entry for the Pinggang Pinoy Cookfest, Zumbafest and Slogan Contest	c/o Ma. Teresita M. Abella Nurse II/NIC
July 9, 2025	<ul style="list-style-type: none">• BMI Weighing of SDO personnel	SDO personnel Nurse on Duty
July 10, 2025	<ul style="list-style-type: none">• Preparation for the Culminating activity	Nutrition and Sensitive Program TWG
July 11, 2025	<ul style="list-style-type: none">• Advocacy campaign and information dissemination on the 2025 Nutrition Month Celebration	Resource Speaker form the Provincial Nutrition Action Office - IPHO
	<ul style="list-style-type: none">• Search for Best Zumbafest dancers per Functional Division	OSDS CID SGOD
	<ul style="list-style-type: none">• Search for Best in Slogan Contest	OSDS CID SGOD
	<ul style="list-style-type: none">• Search for Best Pinggang Pinoy Cookfest<ul style="list-style-type: none">- Breakfast- Snacks/Appetizers- Main dish- Drinks/Beverages	OSDS CID SGOD
	<ul style="list-style-type: none">• Awarding of Winners	School Health Section Invited Judges

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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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