



Republic of the Philippines  
**Department of Education**  
REGION II - CAGAYAN VALLEY  
SCHOOLS DIVISION OF BATANES

09 July 2025

**DIVISION MEMORANDUM**

No. 187, s. 2025

**PROVINCIAL NUTRITION COMMITTEE LINEUP OF ACTIVITIES FOR THE  
NUTRITION MONTH CELEBRATION**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Education Program Supervisors  
Elementary and Secondary School Heads  
All Others Concerned

1. The Provincial Nutrition Committee is pleased to announce the official lineup of activities for 51<sup>st</sup> Nutrition Month with the theme

**“Food at Nutrition Security, Maging Priority! Sapat na Pagkain,  
Karapatan Natin!”**

The following activities will be implemented throughout the province:

- A. Nutri-Alalay: Tulong sa Magulang, Sustansya sa Anak
- B. Nutri-Grow and Glow: A Planting Challenge
- C. Dish Innovation Contest
- D. Nutri-Jingle Making Contest
- E. Poster Making Contest
- F. Healthiest Contest
- G. Nutri-Fun Walk

2. Attached is the invitation of the Provincial Government of Batanes through the Provincial Nutrition Committee on “Nutri Grow and Glow: A Planting Challenge” requesting the six schools in Basco to simultaneously conduct planting activity in their respective school gardens on July 11, 2025 at 4:00 p.m. onward
3. All concerned school heads are requested to perform the preliminary activity.
4. Attached to this memo are the objectives, mechanics and criteria for each activity.
5. Immediate and widest dissemination of this Memorandum is highly desired.



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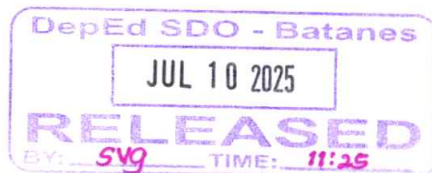
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**ALFREDO B. GUMARU JR. EdD, CESO V**  
Schools Division Superintendent

For the Schools Division Superintendent:

  
**DANTE J. MARCELO, PhD., CESO VI**  
Assistant Schools Division Superintendent

To be indicated in the Perpetual Index  
under the following subjects:  
NUTRITION



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## ANNEX 1

### Nutri-Grow and Glow: A Planting Challenge

#### Objective:

To cultivate environmental awareness and food self-sufficiency while promoting nutrition support among peers.

#### Participants:

Selected grade school students (preferably Grade 5 & up)

Materials Provided:

- Vegetable seeds (assorted)
- Seedling tray holes

Optional: soil medium or compost, depending on availability

#### Mechanics:

- Each participant will be given seeds and a tray to grow assigned vegetable plants
- Planting may be done at home or in school gardens
- Participants must care for their plants throughout the month of July

#### Those who successfully grow healthy, thriving plants will:

Receive an incentive grade from their Adviser

Be recognized during culminating activity

Students are encouraged to donate extra plants to schools with undernourished peers.

#### Monitoring and Evaluation:

Weekly/last day July 28 morning visits by Nutrition Coordinators, PNC Members, and DOH representatives

Submission of photo updates and plant log sheets.

## ANNEX 2

### Dish Innovation

**Key Ingredient : (Iron-Fortified Rice)**

#### Judging Criteria (Total: 100 Points)

Criteria	Points	Judging Notes	Score
<b>1. Nutritional Value</b>	30 pts	Balanced, health-conscious, child-friendly nutrition	
<b>2. Taste &amp; Appeal</b>	25 pts	Flavor, aroma, mouthfeel, visual appeal	
<b>3. Creativity</b>	20 pts	Original use of IFR, innovation in flavor or form	
<b>4. Cost-Effectiveness</b>	15 pts	Affordable, feasible for school canteen budgets	
<b>5. Presentation</b>	10 pts	Neat plating, appropriate for school snacks	

## ANNEX 3

### NUTRI-JINGLE MAKING CONTEST

#### 🎵 Mechanics:

1. Jingle must be **original** and reflect the official theme:  
**“Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!”**
2. Duration: **2 to 5 minutes**
3. Language: **Filipino, English, Ivatan, or a combination**
4. May use **live instruments, a cappella, or original background music** (no copyrighted tracks)
5. Submit a **typed copy of lyrics** on the contest day
6. Performance will be done **live/on-the-spot**

#### 👤 Judging Criteria:

Criteria	Weight	Total Score
Relevance to Theme	30%	
Originality & Creativity	25%	
Clarity of Message	20%	
Musicality	15%	
Overall Impact	10%	

## ANNEX 4

### POSTER MAKING CONTEST

#### **Mechanics:**

1. This is an **on-the-spot contest**
2. Size:  $\frac{1}{4}$  **illustration board**
3. Medium: **Crayons, colored pencils, markers, watercolor** (no digital art)
4. **All materials will be provided** by the participants
5. The **contest theme must be clearly represented** in the artwork
6. Only the **Top 3 entries** will receive awards

#### **Judging Criteria:**

Criteria	Weight	Total Score
Relevance to Theme	30%	
Creativity	25%	
Visual Impact	20%	
Technique	15%	
Clarity of Message	10%	