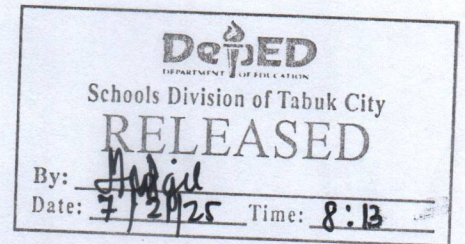




Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region  
Schools Division of Tabuk City  
Purok 2, Bulanao Norte, Tabuk City, Kalinga



**Office of the Schools Division Superintendent**

July 18, 2025

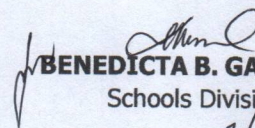

**Office Memorandum**

No. 297 S. 2025

**2025 DIVISION NUTRITION MONTH CELEBRATION**

To: Assistant Schools Division Superintendent  
SGOD and CID Chiefs  
All others concerned

1. Pursuant to Presidential Decree No. 491, otherwise known as the Nutrition Act of the Philippines, which mandates the annual observance of Nutrition Month every July, the Schools Division Office of Tabuk City hereby joins and supports the nationwide celebration with this year's subtheme, **"Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!"**
2. In line to the **National Nutrition Council (NNC)** campaign, all personnel in the division office are enjoined to attend and participate in the contested activities during the nutrition month celebration on **JULY 25, 2025 at 1 PM to 5PM.**
3. The contested activities are the following:
  - a. **NUTRI ZUMBA**
  - b. **FAMILY Healthy Snack Preparation and Fruit Carving Contest.**
4. Attached are the event rules and mechanics for your reference.
5. Immediate dissemination and compliance with this memorandum is required.

  
**BENEDICTA B. GAMATERO PhD, CESO V**  
Schools Division Superintendent  
7/21/2025 



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**CRITERIA FOR PRESENTATION of SNACK:**

Criteria	Percentage
Nutritional Value	30%
Taste and Palatability	25%
Creativity and Presentation	20%
Cost-Effectiveness	15%
Sanitation and Preparation Skills	10%
<b>Total</b>	<b>100%</b>

**CRITERIA FOR PRESENTATION of FRUIT and VEGETABLE CARVING:**

Criteria	Percentage
Creativity	25%
Process	25%
Proper use of tools	15%
Speed	10%
Safety	10%
Ability to present Idea	15%
<b>Total</b>	<b>100%</b>

**EVENT RULES AND MECHANICS**

- A. 3 participants per functional division for the SNACK preparation, 2 participants per functional division for the FRUIT and VEGETABLE CARVING.
- B. The participants, event administrators, members of the technical committee and panel of experts should be at the exhibition venue thirty (30) minutes ahead of the event schedule.
- C. Event materials, tools, equipment, and other supplies needed at the venue shall be made ready by the Event administrator thirty (30) minutes before the event schedule.
- D. Each participant shall wear appropriate personal protective equipment (PPE) according to the standard requirements on food preparation.
- E. The division host will be providing the root crop base POTATO only for the snack preparation.
- F. The division host will provide apple, watermelon, pineapple, carrots and cucumber.
- G. Participants must bring all the needed tools, supplies, ingredients and equipments needed for the event such as seasonings, other ingredients, chopping board, display tray, knife, carving tools, bowl, platter, butane stove, etc. Borrowing will not be allowed.
- H. Participants must place a meta card fronting the prepared snack indicating the name of the snack, ingredients used and nutritive contents.
- I. During the event proper, the panel of experts shall observe the processes but not ask questions to participants to avoid disruption.
- J. The working area should be cleaned by the participants immediately after the event.



## **NUTRI-ZUMBA CONTEST**

**TIME ALLOTMENT:** 5-7 minutes

**PARTICIPANTS:** All personnel of functional division.

### **Criteria for Presentation:**

<b>Criteria</b>	<b>Percentage</b>
Energy and Enthusiasm	25%
Creativity and Choreography	20%
Coordination and Execution	20%
Incorporation of Nutrition Theme	15%
Audience Impact and Stage Presence	5%
Costume and Visual Appeal	5%
Attendance (all or nothing)	10%
<b>Total</b>	<b>100%</b>

### **EVENT RULES and MECHANICS**

- 1.Participants are all personnel per functional division.
- 2.Each group must perform a Zumba routine with a minimum of 5 minutes and a maximum of 7 minutes.
- 3.Music must be upbeat, appropriate and free from offensive language or themes. (Pre-recorded music must be submitted at least 20 minutes before the contest.)
- 4.Choreography should include Basic Zumba or aerobic movements, safe and age – appropriate steps, synchronized group performance.
5. Safety: Dangerous stunts, flips, acrobatic moves are not allowed.

#### **Contest rules:**

- Teams must report and be ready at the designated venue 10 minutes before the contest begins.
- Latecomers may be disqualified or receive point deductions.
- Teams will draw lots to determine the order of performance.
- All participants must exhibit sportsmanship and respect at all times.
- Any violation of rules or inappropriate behavior may result in disqualification.

### **FAMILY SNACK PREPARATION CHALLENGE**

**NUMBER OF PARTICIPANTS:** 5 per functional division

**TIME ALLOTMENT:** 3 hours

**PERFORMANCE STANDARD:** The participants maintain appropriate utensils and follow the Occupational Health and Standards in meal planning.