

Republic of the Philippines
Department of Education
SCHOOLS DIVISION OF MARINDUQUE

Office of the Schools Division Superintendent

MEMORANDUM

SGOD-2025-065

TO: Asst. Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Unit and Section Heads
All Others Concerned

FROM: **LYNN G. MENDOZA, EdD**
OIC, Schools Division Superintendent

SUBJECT: **PASKUHAN SA SDO: A NUTRITION MONTH CULINARY FESTIVITY**

DATE: June 16, 2025

1. The Schools Governance and Operations Division through the School Health and Nutrition Unit shall conduct Paskuhan sa SDO: A Nutrition Month Culinary Festivity in celebration of the 51st Nutrition Month with the theme "Sa Ppan: Sama-sama sa Nutrisyong Sapat Para sa Lahat!" to be held on July 22, 2025 at the SDO Marinduque Conference Hall, Malusak, Boac, Marinduque.
2. The activity aims to:
 - a. raise awareness on better nutrition for all life stages by promoting healthy eating and good nutrition habits;
 - b. engage SDO Personnel to support improvements in levels of diet quality towards sustainable healthy and creative food preparation; and
 - c. equip SDO personnel with the skills to prepare nutritious and appealing food alternatives suitable for sharing during the Christmas holidays.
3. Participants in this activity are all SDO-based personnel.
4. Attached as Enclosures are the following:
 - a. Enclosure No. 1 Program Matrix; and
 - b. Enclosure No. 2 Culinary Festivity Guidelines and Recipes
5. Immediate dissemination of the contents of this Memorandum is highly desired.

/SGOD-SHNS-RMOL



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PROGRAM MATRIX

PASKUHAN SA SDO: A NUTRITION MONTH CULINARY FESTIVITY
 SDO Marinduque Conference Hall
 July 22, 2025 | 8:00 AM – 12:00 NN

TIME	ACTIVITY	IN-CHARGE
8:00 AM- 8:30AM	ARRIVAL AND REGISTRATION	
8:31 AM – 8:45 AM	Preliminaries <ul style="list-style-type: none"> • National Anthem • Opening Prayer • Nationalistic Song • DepEd Quality Policy Statement 	AVP
8:46 AM -8:45 AM	Welcome Remarks	MAITA M. LAZARES OIC, Chief of Schools Governance and Operations Division
8:46 AM – 9:00 AM	Inspirational Message	LYNN G. MENDOZA, EdD OIC, Schools Division Superintendent
9:01AM – 9:05 AM	Introduction of Teams and Participants	
9:06 AM – 9:15 AM	Introduction to Culinary Medicine	RICA MAI O. LARGA, MD Medical Officer III
9:16 AM – 11:15 AM	FOOD PREP, COOKING PROPER, SHOWCASING OF MEALS	
11:16 AM – 11:50 AM	FOOD TASTING	
11:51 AM-12:00 PM	Closing Remarks	MABEL F. MUSA, PhD Assistant Schools Division Superintendent
SHENALYN P. PENASCOSAS MARIA KRISTINE NICOLA D. IGLESIA Nurse II Master of Ceremony/Moderator		



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CULINARY FESTIVITY GUIDELINES

GENERAL GUIDELINES:

1. There will be 3 sets of healthy recipes from the **Philippine College of Lifestyle Medicine – Culinary Medicine** in which each team are assigned to prepare and cook.
2. All teams are advised to review and discuss their assigned meal recipe with their team members before the program to ensure a smooth food preparation and processing.
3. Each team will be provided with their own set of pantries with all the ingredients they need to prepare their assigned dish. The ingredients provided are enough to serve the audience for tasting.
4. The utensils that will be used by the audience for food tasting such as disposable plates, cups, spoon and fork will also be provided by the program owner.
5. **The challenge for each team is to prepare a dish that can serve the audience for taste test.** Each team may adjust the quantity of ingredients to their preference or add a slight twist to the recipe, as long as the preparation remains consistent with the provided recipe and is done in a healthy manner.
6. A limited time of 2 hours is allocated for the entire food preparation and cooking process.
7. All participants are requested to wear the proper cooking attire/kitchen PPE.
8. The program is not a competition. Everyone is encouraged to enjoy and learn.

THE COOKING TEAMS AND ASSIGNED DISH

1. Each of the three functional divisions (OSDS, CID, and SGOD) shall have a representative team, with each team consisting of 4 to 5 members.
2. A designated health personnel is assigned per team to serve as their guide. They shall collect the names of the participating personnel prior to the event and shall be responsible for addressing any questions or concerns related to the recipes and cooking process.

Functional Division	Team No.	Assigned Dish	Health Personnel-In-Charge
OSDS	Team 1	Creamy Cauliflower Tacos	Nurse Thess Oracion Nurse Susan Fatalla
CID	Team 2	Chia Fruit Salad	Dr. Queza Membrebe Nurse Nicole Iglesia
SGOD	Team 3	Creamy Red Pepper Pasta	Nurse Shena Penascosas Nurse Loida Ordillano

REQUIREMENTS

Each team is required to bring the following:

- Cooking wares/utensils suitable for preparing and cooking their assigned dish or recipe
- Basket or container for the ingredients
- Stove, extra extension cord
- Measuring spoon and cups
- Kitchen towels and paraphernalia
- Big serving plates/bowls/dinnerware for presentation
- Kitchen PPE: Apron, Hairnet, Gloves, Mask

TEAM 1 (OSDS): Cauliflower Tacos with Creamy Mayonnaise

Creamy Mayo (Sauce)

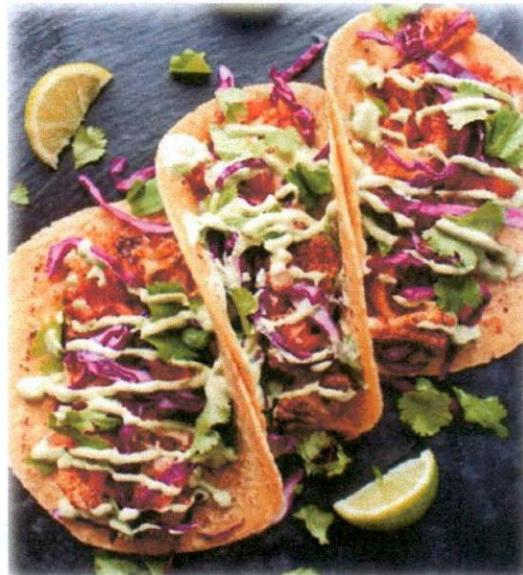
Serves: 4 cups

Active Time: 30min

Total time: 30 min

INGREDIENTS:

- 2 blocks firm tofu (340 g)
- ½ tsp salt
- 1/8 tsp onion powder
- 1 clove garlic
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 2 tbsp nutritional yeast
- Ground black pepper
- 1 cup soy milk



DIRECTIONS:

- Place all ingredients in blender and blend on high for about 2 minutes until smooth
- Add soymilk as needed to achieve a creamy mayonnaise texture.
- May place in the jar and store in the refrigerator

Cauliflower Taco

Serves: 8 tacos

Active time: 40 min

Total Time: 45 min

INGREDIENTS:

- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp. dried oregano
- 2 tsp. salt
- 6 tbsp olive oil
- 2 (15 oz) cans chickpeas, drained
- 1 head cauliflower, cut into small florets
- Tortillas, 6"
- 2 cups cabbage. Shredded
- 1 avocado, if available, diced
- Lemon/Lime

DIRECTIONS:

- **Oil-Spice Mixture:** Mix together cumin, chili powder, oregano, salt and 4 tbsp of olive oil. Divide into 2.
- Put chickpeas in half the oil-spice mixture and toss cauliflower with the other half of oil-spice mixture.
- Preheat a big pan in medium to high heat
- Pan fry each separately for about 10-15 min, or until crispy. Set aside.
- Warm tortillas in pan for 30 sec on each side.
- Assemble tacos: 1 tortilla, shredded cabbage, chickpeas, cauliflower, avocado
- Add creamy mayonnaise as taco sauce. Squeeze lemon/lime if preferred.

TEAM 2 (CID): Chia Fruit Salad

Servings: 10
Time: 2-3 hours

INGREDIENTS:

- 1-liter plant-based milk of choice, or whatever plant-based milk is available
- 1 cup chia seeds
- 1 cup coconut milk/cream
- 6 tablespoons maple syrup
- 2 teaspoon vanilla extract

FRUITS AND TOPPINGS:

- 4 cups canned fruit cocktail of choice, thoroughly drained
- 1 cup apples, cut it cubes
- 1 cup melon, cut in cubes
- 1 cup grapes, cut in half
- 2 cups banana, cut in 1 cm thick
- 1 cup mango, cut in cubes
- 2 cups Nata de Coco
- 2 cups Kaong

DIRECTIONS:

- Add the chia seeds, milk, maple syrup, and vanilla to a bowl or jar and stir together. Let sit for 10 minutes. Then stir again once the seed have started to gel.
- Cover the bowl or jar and place in the refrigerator for at least one hour.
Note: Chia seeds can also be made overnight for breakfast the next morning.
- Stir the chia pudding before serving and add your favorite fruit salad mix.
- You can always add more milk for a thinner texture, if you feel your chia pudding is too thick.



TEAM 3 (SGOD): Creamy Red Pepper Pasta

Serves: 4 servings
Prep Time: 25 min
Cooking Time: 30 min

INGREDIENTS:

- 300 grams dried pasta of choice
- 2 red bell peppers, chopped into chunks
- 3 pcs tomatoes
- 1 onion peeled, chopped into large chunks
- 5 cloves garlic skins left on, with ends removed
- 2 tbsp olive oil
- Salt and pepper
- 1.5 tsp oregano
- ½ tsp chili flakes
- 60 grams cashews soaked in boiled water for 20 minutes
- 300 grams silken tofu
- 80 mL soya milk
- 3 tbsp nutritional yeast
- Dried basil leaves, for topping



DIRECTIONS:

Option A: Using Oven

1. Preheat the oven at 200°C
2. Add the chopped bell pepper to a roasting tray along with the tomatoes, chopped onion and garlic and drizzle with olive oil and sprinkle over salt and pepper. Place in the oven to roast for around 20-25 minutes. Remove and let it cool for a few minutes.

Option A: Using Pan (In the absence of Oven)

1. Preheat the pan on medium to high heat
2. Add the chopped bell pepper to a roasting tray along with the tomatoes, chopped onion and garlic and drizzle with olive oil and sprinkle over salt and pepper. Place in the pan for around 10-15 minutes, or until seared/roasted. Remove and let it cool for a few minutes.

Note: Participants may opt to do **Step 1 and 2** prior to the program to save time and for convenience.

3. Once cooled down, add the roasted vegetables to a blender along with the rest of the ingredients. Blend until smooth and taste test – add any seasoning to your preference
4. Put your pasta on to boil according to packet instructions. Cook until al dente. Reserve 1-2 tablespoons of the pasta water

5. Drain the pasta and add a pot along with sauce and the reserved pasta water, Stir until creamy and glossy. Serve as desired

NOTE: If meal prepping in advance, you can make the sauce in advance and store in the fridge (for up to a week). Cook the pasta when you're ready to eat, or cook the pasta in advance and **keep** in the fridge (for up to 3-5 days). When ready to eat, mixed together and microwave until hot.