



Republic of the Philippines  
**Department of Education**  
MIMAROPA Region  
**SCHOOLS DIVISION OF MARINDUQUE**

**Office of the Schools Division Superintendent**



**DIVISION MEMORANDUM**

No. 47, s. 2023

July 19, 2023

**SDO MARINDUQUE NUTRITION MONTH COOK-OFF**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Public Schools District Supervisors  
Administrative Officer V, Administrative Services  
All Others Concerned

1. The Schools Governance and Operations Division through the School Health and Nutrition Section in partnership with Division GAD Focal Point System shall conduct SDO Marinduque Nutrition Month Cook-off in celebration of the 49<sup>th</sup> Nutrition Month with a theme "Healthy Diet Gawing Affordable for All!" to be held at SDO Marinduque Conference Hall and SDO Grounds on July 28, 2023.
2. The activity aims to:
  - a. raise awareness on supporting Filipinos to improve access to affordable healthy diets to reduce malnutrition, and improve food security, health, and quality of life; and
  - b. engage SDO Personnel to support improvements in levels of diet quality towards sustainable healthy food preparation
3. Participants in this activity are all SDO-based personnel.
4. Attached as Enclosures are the following:
  - a. Enclosure No. 1 Program Matrix
  - b. Enclosure No. 2 Cook-off Guidelines and Mechanics
  - c. Enclosure No. 3 Pinggang Pinoy
5. Immediate dissemination of the contents of this Memorandum is highly desired.

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

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**PROGRAM MATRIX**

SDO MARINDUQUE NUTRITION MONTH COOK-OFF  
 SDO Marinduque Conference Hall & SDO Grounds  
 July 28, 2023 | 8:00 AM – 12:00 NN

TIME	ACTIVITY	IN-CHARGE
8:00 AM- 8:30AM	<b>ARRIVAL AND REGISTRATION</b>	
8:31 AM – 8:45 AM	Preliminaries <ul style="list-style-type: none"> <li>• National Anthem</li> <li>• Opening Prayer</li> <li>• Nationalistic Song</li> <li>• DepEd Quality Policy Statement</li> </ul>	<b>AVP</b>
8:46 AM -8:45 AM	Welcome Remarks	<b>MARIA CECILIA S. MANAY</b> Chief, Schools Governance and Operations Division
8:46 AM – 9:00 AM	Inspirational Message	<b>LYNN G. MENDOZA, EdD</b> OIC, Schools Division Superintendent
9:01AM – 9:10 AM	Introduction of Teams and Participants	
9:11 AM – 9:20 AM	Introduction of Judges and Mechanics	
9:21 AM – 11:00 AM	COOK-OFF PROPER	
11:01 AM – 11:15 AM	JUDGING OF MEALS	
11:16 AM – 11:30 AM	AWARDING	
11:31 AM-11:35 AM	Closing Remarks	<b>Felix M. Famaran</b> Assistant Schools Division Superintendent
<b>MARIA KRISTINE NICOLA D. IGLESIA</b> Nurse II Master of Ceremony/Moderator		

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## **COOK-OFF GUIDELINES AND MECHANICS**

### **THE COMPETITION**

1. The challenge is to prepare healthy and affordable set of meals which will highlight the use of local Filipino ingredients available at the contest venue with a given budget of Php1000.
2. The dishes should meet the requirements of Pinggang Pinoy "Healthy Food Plate for Filipino Adults" as stated in Enclosure No. 3, or can be composed of the following:
  - a. One (1) set of appetizer/snack
  - b. Main Course with:
    - Rice
    - Vegetable (1 set)
    - Meat/Fish (maximum of 2 sets)
  - c. One (1) set of dessert
3. A limited time of 1 hour and 30 minutes broken down into segments is allocated for the entire competition

### **THE COMPETING TEAMS**

1. Each of the 3 functional divisions (OSDS, CID and SGOD) shall have three (3) representatives from their team to compete on the cook-off.
2. The team with less than or more than 3 members will be considered disqualified.
3. They are required to be at the venue before the cook-off proper. Five points will be deducted from the total score of the groups who will arrive late.

### **REQUIREMENTS**

1. Participants will be provided with 1000 php worth of play money to buy ingredients at the "Tindahan Bayan ng SDO Marinduque", a marketplace that will be set-up by the program committee. The ingredients available will be revealed on the spot.
2. They are required to bring the following:
  - Basket for the ingredients
  - Stove, rice cooker, extra extension cord
  - Cooking wares/utensils, kitchen towels and paraphernalia
  - Plates/dinnerware for presentation
  - Kitchen PPE: Apron, Hairnet, Gloves, Mask

### **MECHANICS**

1. All competitors are requested to wear the proper cooking attire/kitchen PPE.
2. All preparation and cooking dishes, including garnishes, must be entirely made and crafted on the spot. A team who brings in any cooked item or

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- personal ingredient 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.
- Every team should prepare each set of dishes **good for a family of five (5)**.
  - The participants will be given a total of one hour and thirty minutes (1 hr and 30 min) broken down into 4 segments:

Segments	Venue	Time Alloted	Activities
1	Kitchen area at the SDO Grounds	5 minutes	Arrangement and preparation of cooking area
2	<i>Tindahang Bayan ng SDO Marinduque</i> at the SGOD Hallway	15 minutes	Planning/writing of recipe and buying of ingredients
3	Kitchen area at the SDO Grounds	1 hour	Preparation of ingredients, cooking and plating
4	SDO Conference Hall	10 minutes	Arrangement of the cooked meals and preparation for presentation

- The teams are allowed to go back anytime to the marketplace after the allotted buying time if they will be needing additional ingredients.

#### **CRITERIA FOR JUDGING**

- Nutritional Value (30%)** - The dishes should be nutritionally well balanced or have met the requirements of Pinggang Pinoy. *"Healthy diet"* from the theme is achieved.
- Affordability (25%)** - The total price of the dishes prepared is affordable and reasonable. *"Affordable for all"* from the theme is achieved.
- Taste (25%)** - The dishes are delicious, and emphasize more on flavors that meet the *"Panlasang Pinoy"*.
- Overall Presentation (20%)** - The dishes complement the flavors, taste, and styles of each other.

#### **PRIZES PER TEAM**

Winners will be announced as:

- Champion
- First Runner Up
- Second Runner Up

The remaining and unused ingredients in the *Tindahang Bayan ng SDO Marinduque* will be packed and divided accordingly to be given to the winners together with their certificates.

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Malusak, Boac, Marinduque

Email: [deped\\_marinduque@yahoo.com](mailto:deped_marinduque@yahoo.com) • Tel. No.: (042) 332-1009 • Fax No.: (042) 332-1611

### PINGGANG PINOY



Pinggang Pinoy is a new, simple visual food guide that uses a familiar food plate model to convey the right food group proportions on a per-meal basis to meet adults' or a particular group of individuals' energy and nutrient needs. It is a visual tool that delivers effective dietary and healthy lifestyle messages to Filipinos at mealtimes, assisting them in adopting healthy eating habits. This food tool has been developed by the Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST) to assist the Filipinos with the ideal variations and quantity of foods per meal. This was created in collaboration with the World Health Organization (WHO).

The guide shows the recommended proportion by food group, namely; Go, Grow and Glow on a per meal basis. By just looking at the plate, one will know right away that half of the plate represents Glow foods consisting of fruits and vegetables. One-sixth of the plate shows proportion for Grow foods such as meats, eggs, poultry, fish, beans, and legumes. One-third of the plate is Go foods like rice, corn, bread, oatmeal, bread, and root crops.

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For healthy Filipinos, 19-59 years old, here are some healthy tips on how to use the Pinggang Pinoy:

**For Go Energy Giving**

Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity. Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to a lower risk of heart disease, diabetes, and other health problems.

**For Grow Body Building**

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth, maintenance, and repair of body tissues. Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help against heart diseases.

**For Glow Body Regulating**

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals, and fiber needed for the regulation of body processes.

**Water**

Drink lots of water every day for adequate hydration. Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.

**Eat less salty, fried, fatty, and sugar-rich foods to prevent chronic diseases. Stay physically active!**

Sources: National Nutrition Council, DOST-FNRI, DOH

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