



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



Office of the Schools Division Superintendent

July 4, 2024

DIVISION MEMORANDUM

No. 52, s. 2024

SDO MARINDUQUE NUTRITION MONTH COOK-OFF SEASON 2

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 Unit in partnership with Division GAD Focal Point System shall conduct SDO Marinduque Nutrition Month Cook-off Season 2 in celebration of the 50th Nutrition Month with a theme "Sa PPAAN: Sama-sama sa Nutrisyong Sapat Para sa Lahat!" to be held on July 26, 2024 at SDO Marinduque Conference Hall and SDO Grounds, Malusak, Boac, Marinduque.
2. The activity aims to:
 - a. raise awareness in supporting Filipinos to improve nutrition across all the life stages through strategies such as improving consumption of healthier diets, adoption of positive nutrition practices and increased access to quality nutrition services and enabling mechanisms; and
 - b. engage SDO Personnel to support improvements in levels of diet quality towards sustainable healthy and creative food preparation.
3. Participants in this activity are all SDO-based personnel.

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4. Attached as Enclosures are the following:
 - a. Enclosure No. 1 Program Matrix; and
 - b. Enclosure No. 2 Cook-off Guidelines and Mechanics.

5. Immediate dissemination of the contents of this Memorandum is highly desired.



LYNN G. MENDOZA, EdD
OIC, Schools Division Superintendent

Encl.: As stated

Reference: None

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

NUTRITION EDUCATION
PROGRAMS
PROJECTS

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PROGRAM MATRIX

SDO MARINDUQUE NUTRITION MONTH COOK-OFF SEASON 2
 SDO Marinduque Conference Hall & SDO Grounds
 July 26, 2024. | 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	MARIA CECILIA S. MANAY Chief, Schools Governance and Operations Division
8:46 AM – 9:00 AM	Inspirational Message	LYNN G. MENDOZA, EdD 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	MABEL F. MUSA, PhD Assistant Schools Division Superintendent
SHENALYN P. PENASCOSAS Nurse II Master of Ceremony/Moderator		

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COOK-OFF GUIDELINES AND MECHANICS

THE COMPETITION: MYSTERY BOX

1. There will be 3 sets of mystery boxes in which each group members will be picking ingredients via draw lots.
 - a. Mystery Box 1: Protein (Meat/Fish)
 - Each team is only allowed to pick one protein.
 - b. Mystery Box 2: Vegetables
 - Each team is only allowed to pick two (2) vegetables.
 - Both vegetables should be used to cook or prepare with the protein.
 - c. Mystery Box 3: Side Dishes
 - One (1) side dish per team.
 - It can be used to mix with the proteins/vegetables, but one (1) stand-alone side dish is also required.
 - Can be an appetizer, a dessert or snack
2. All teams will be given a chance to discuss their meal recipe with their team members while accessing their team pantry.
3. Each team will be provided with their own set of pantries where they can choose condiments and other ingredients that they can use in cooking. All 3 pantries have the same contents. Each team shall only get ingredients from their own pantry. Any team who won't follow this rule shall be subjected for disqualification.
4. The challenge is to prepare a healthy and creative set of meals (**1 main dish + 1 side dish**) which will highlight the use of local Filipino ingredients inside the mystery boxes.
5. A limited time of 2 hours 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.

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REQUIREMENTS

Each team is required to bring the following:

- Basket for the ingredients
- Stove, rice/pressure cooker, extra extension cord
- Cooking wares/utensils, kitchen towels, and paraphernalia
- Plates/dinnerware for presentation
- Kitchen PPE: Apron, Hairnet, Gloves, Mask

OTHER 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 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.
3. The participants will be given a total of two (2) hours broken down into 3 segments:

Segments	Venue	Time Allotted	Activities
1	SDO Conference Hall/ Team Pantry	10 minutes	Strictly for planning, writing, and discussion of recipe per team
2	Team Pantry to Kitchen area at the SDO Grounds	1 hour and 40 minutes	Obtaining ingredients from the team pantry and cooking of meals
3	SDO Conference Hall	10 minutes	Plating and arrangement of the cooked meals and preparation for presentation

CRITERIA FOR JUDGING

1. **Nutritional Value (30%)** - The dishes are nutritionally well-balanced, prepared by healthy cooking methods.
2. **Creativity (25%)** - All ingredients are used to create a delicate and uniquely astonishing dish.

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3. **Taste (25%)** – The dishes made are delicious. The flavors and taste of all the ingredients complement each other.
4. **Overall Presentation (20%)** – The plating is very pleasing which makes the food appetizing to the eye.

PRIZES PER TEAM

Winners will be announced as:

- Champion
- First Runner-Up
- Second Runner-Up

The remaining and unused ingredients in the Team Pantry will be divided accordingly to be given to the winners together with their certificates.

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