



Republic of the Philippines  
**Department of Education**  
 REGION I

**SCHOOLS DIVISION OFFICE OF ALAMINOS CITY**

Office of the Schools Division Superintendent

**DIVISION MEMORANDUM**  
**DM-2022 – 264**

RECEIVED  
 SCHOOLS DIVISION OFFICE  
 ALAMINOS CITY  
 JUL 22 2022

TO : Assistant Schools Division Superintendent  
 Chief Education Supervisor - CID  
 Chief Education Supervisor - SGOD  
 Heads of Units and Sections, Division Personnel  
*All other Concerned*

SUBJECT : **COOKFEST IN SUPPORT TO THE 2022 NUTRITION MONTH CELEBRATION**

FROM : Office of the Schools Division Superintendent

DATE : July 22, 2022

*ASH -  
 Supply -  
 AC II -  
 Accounting I -  
 II -  
 Budget -  
 Personnel -  
 Payroll -*

1. Pursuant to Section 7 of the Presidential Decree No. 491 or the "Nutrition Act of the Philippines" and in support to the National Nutrition Council, this office through the Curriculum Implementation Division shall conduct Cookfest featuring mussel (tahong) as the main ingredient on July 26, 2022, 9 AM at the SDO Ground.
2. This year's Nutrition Month theme, "New Normal na Nutrisyon, Sama-samang Gawan ng Solusyon" calls for strengthened nutrition interventions and solidarity towards nutrition improvement as the country shifts towards living with the COVID-19 virus. It signifies the key role of nutrition in building resilience from pandemic to endemic paradigm.
3. The activity aims to:
  - a. raise awareness on the importance of nutrition in building resilience in recovery from the pandemic;
  - b. promote the ways of cooking and use of local ingredients available in the locality; &
  - c. enhance experience and skills by innovating a local dish.
4. The participants of the said activity are the SDO personnel. The groupings in Flag Raising Ceremony will be utilized.
5. Attached herewith is the event rules and mechanics.
6. For information, guidance, wide dissemination, and strict compliance.

**LORNA G. BUGAYONG PhD, CESO V**  
 Schools Division Superintendent

*With hundred reasons to serve!*

**ROSARIO O. CABRERA**

Assistant Schools Division Superintendent

Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan

Telefax Number: (075) 205 - 0644

Website: [depedalaminoscity.com](http://depedalaminoscity.com)

Email Address: [alaminos.city@deped.gov.ph](mailto:alaminos.city@deped.gov.ph)







Republic of the Philippines  
**Department of Education**  
REGION I

**SCHOOLS DIVISION OFFICE OF ALAMINOS CITY**

Office of the Schools Division Superintendent

**2022 DIVISION NUTRITION MONTH CELEBRATION**  
**Event Rules and Mechanics**

Contest: COOKFEST  
Time Allotment: 2 hours  
Description: Applying the principles of cooking, the task includes the preparation, cooking and presentation of a healthy dish using mussel (tahong) as the main ingredient.

- A. The contest is open to all personnel of SDO-Alaminos City.
- B. Participants are the 7 groups identified in the groupings for the flag-raising ceremony.
- C. Participants should wear PPE (hairnet and apron) appropriate for cooking.
- D. The following materials will be used in the contest:
- cooking tools and equipment including plate for presentation (to be provided by the participants)
  - cooking table (to be provided by the participants)
  - 1 kilo of mussel or tahong (to be provided by the organizers)
  - Other things needed (to be provided by the participants)
- E. Participants may showcase the preparation, cooking, and presentation of experimental or localized dish following the criteria for judging:

1. Safety ----	10%
2. Process ----	15%
3. Proper use of tools ----	15%
4. Taste ---	30%
4. Presentation ----	20%
5. Fluency of oral communication ----	10%
<u>TOTAL ----</u>	<u>100%</u>

- G. The working area should be cleaned immediately after the activity.
- H. The recipe shall be submitted to the contest administrator before the start of the contest.
- J. Judges decision is final and irrevocable.

***With hundred reasons to serve!***

Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan  
Telefax Number: (075) 205 - 0644  
Website: [depedalaminoscity.com](http://depedalaminoscity.com)  
Email Address: [alaminos.city@deped.gov.ph](mailto:alaminos.city@deped.gov.ph)

