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|  | <p>Republic of the Philippines Department of Education Cordillera Administrative Region SCHOOLS DIVISION OF ABRA Bangued, Abra</p> |  | <p>Document Code: SDOABRA-QF-OSDS-SDS-001 Revision: 00 Effectivity date: 01-14-2019</p> |
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September 30, 2019

DIVISION MEMORANDUM
NO. 317 S. 2019

**SCHOOLS DIVISION OFFICE CULMINATING ACTIVITIES FOR THE
2019 NUTRITION MONTH CELEBRATION**

TO: All Schools Division Office Personnel

1. The 2019 Nutrition Month theme is "Kumain nang wasto at maging aktibo..... push natin to!". The theme encourages everyone to advocate and realize the importance of healthy diet, increased physical activity and reduced sedentary behavior through meaningful activities.
2. In this connection a **Cookfest and Jingle Making Contest** with choreography will be our activities for the celebration.
3. All SDO Personnel are therefore enjoined to actively take part on October 4, 2019.
4. Enclosed are the criteria/mechanics and guidelines of the contest together with the groupings.
5. Immediate and wide dissemination of this memorandum is earnestly desired.


 GLORIA B. BUYA-AO
 Schools Division Superintendent

Accelerating and **B**olstering **R**esponsive **E**ducation that **N**urtures **I**nspired and **O**utstanding **LEARNERS**



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MECHANICS, GUIDELINES AND CRITERIA OF THE JINGLE MAKING WITH CHOREOGRAPHY CONTEST ON OCTOBER 4, 2019

1. The content of the jingle must be lively, appealing, creative and must highlight the 2019 Nutrition Month theme: **“Kumain nang wasto at maging aktibo..... push natin to!”**
2. No accompaniment will be allowed, it shall be purely acapela.
3. Each participating group will be given a minimum of three (3) and a maximum of five (5) minutes time to perform.
4. Participating group must be composed of ten (10) members only.
5. The decision of the Board of Judges is considered final and irrevocable.

Criteria:

- Originality (lyric content, voice quality, catchy melody, lively music & rhythm) ----- 45%
 - Relevance to the theme ----- 25%
 - Choreography ----- 25%
 - Audience Impact ----- 5%
- 100%**

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MECHANICS, GUIDELINES AND CRITERIA OF THE COOKFEST ON OCTOBER 4, 2019

COOKFEST

1. Participants must bring their chosen ingredients, cooking tools/materials and presentation table.
2. Each team will be composed of *five*(5) members only.
3. "TILAPIA" will be the main ingredient.
4. All preparations and cooking of dishes including garnishes must be entirely made and crafted on-the-spot.
5. Each team shall be given not more than two (2) hours for the preparation, cooking and presentation.
6. The decision of the Board of Judges is considered final and irrevocable.

CRITERIA:

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|--------------------------------------|-------------|
| Nutritional Value ----- | 30% |
| Originality----- | 20% |
| Taste and Texture ----- | 20% |
| Visual Appeal ----- | 20% |
| Feasibility/Ease of Preparation----- | <u>10%</u> |
| TOTAL | 100% |

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