



Republic of the Philippines
Department of Education
REGION III

BATAAN HIGH SCHOOL FOR THE ARTS

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SCHOOL MEMORANDUM

JUL 07 2025

No. 106, s. 2025

To: Chief Administrative Officers
Chief Education Program Specialist
School Office Personnel
All Others Concerned

2025 NUTRITION MONTH CELEBRATION

1. Pursuant to the annual celebration of **Nutrition Month** as mandated by the National Nutrition Council (NNC), Bataan High School for the Arts (BHSA) shall spearhead the 2025 Nutrition Month Celebration, with the theme: **"Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin"**, on **July 7–28, 2025** at Bataan High School for the Arts.
2. This year's celebration aims to raise awareness on the importance of nutrition and food security as fundamental human rights. It seeks to foster healthy eating habits among students and promote food accessibility and awareness through various creative and engaging school-based activities.
3. Participants to this activity are all students, teaching and non-teaching staff.
4. Below is the program of activities:

2025 Nutrition Month Activity Matrix

Date	Time	Activity	Facilitator	Venue
7/7/2025	8:30 am – 9:00 am	OPENING OF NUTRITION MONTH	STUDENT AFFAIRS DIVISION	BHSA HALL
		- Announcement of Nutrition Month Activities		



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		OPENING REMARKS	Alma R. Garcia	JUL 07 2025
		ANNOUNCEMENT OF EVENTS/ ACTIVITIES	Louisa Dawn de Guzman, FJ Bonagua, Christian Mangalindan	
7/9/2025	10:00 am - 12:00 NN	Students Nutrition assessment	Louisa Dawn de Guzman & Timi Labandillo	
	10:00 am - 11:00 am	Grade 7 and Grade 8		
	11:00 am - 12:00 NN	Grade 9, Grade 10 and Grade 11		
7/10/2025	10:00 am to 12:00 NN	Employee's Nutrition Assessment	Louisa Dawn de Guzman & Timi Labandillo	
7/11/2025	N/A	Deadline of Submission of Nutri Poster	Erika Dino	
7/16/2025	9:00 am - 12:00 NN	FUNCTIONAL DIVISION COOKING CONTEST "Lutong Ligtas, Lunas sa Gutom: Laban Para sa Nutrisyon!"	STUDENT AFFAIRS DIVISION	BHSA School lobby
7/18/2025	9:00 am - 2:00 pm	NUTRTI - JINGLE Competition	Christian Mangalindan	BHSA School Lobby
7/28/2025	8:30 am - 9:00 am	ANNOUNCEMENT & AWARDING OF WINNERS AND CLOSING OF CEREMONY	Alma Garcia, Perlie Ann Samonte	BHSA - Conference Room



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5. Specific contest guidelines and mechanics are attached for reference.
6. For queries/clarifications, kindly get in touch with **Louisa Dawn de Guzman, Nutritionist I**, at +63 921-524 3536 or thru email at louisadawn.deguzman@deped.gov.ph
7. For information and compliance.

JUL 07 2025

MIA ARIANA MANCIONGCO, PhD

Director III
School Director

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

HEALTH
NUTRITION
ACTIVITY

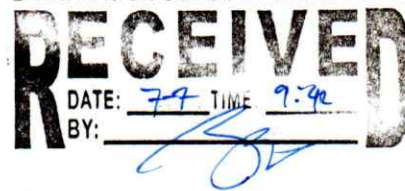
SA10/June 20, 2025



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COOKING CONTEST MECHANICS AND CRITERIA

JUL 07 2025

Who will join:

Academic Division, Finance Division, Admin Division and Office of the School Director.

Theme Dish Requirement:

Each team must prepare **one complete meal** (main dish + side or rice) that:

- Is **nutritionally balanced**
- Costs no more than **P100.00 per serving**
- Uses **local, seasonal, or indigenous ingredients**
- Can be prepared in **45 minutes or less**
- Each team will bring their **own cooking materials** (Cooker, gas stove, pot, mixing bowls, plating etc.)

Allowed Ingredients:

- Locally available produce
- Whole grains, root crops
- Lean proteins (e.g., fish, munggo, eggs, tokwa, tofu)
- Fortified or nutrient-rich food products

Judging Criteria:

Criteria	Description	Points
Nutrition Value	Balance of food groups, use of healthy ingredients	30
Affordability	Cost-effectiveness and accessibility of ingredients	25
Taste & Palatability	Flavor, texture, and overall appeal	20
Presentation	Visual appeal, plating, cleanliness	15
Relevance to Theme	Name of the dish you created	10
TOTAL		100

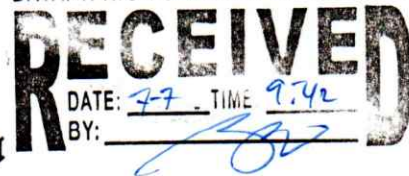


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POSTER MAKING CONTEST MECHANICS AND CRITERIA

JUL 07 2025

Who Can Join:

- Open to all BHSA Junior and Senior High School Students
- Can be individual or team (max 2 members)

Poster Requirements

- Size: **White cartolina or canvass (22.5" x 28.5")**
- Medium: **Traditional (crayons, colored pencils, paint, markers)**
- Must clearly reflect the **Nutrition Month 2025 Theme**
- Must be an **original work**, not AI-generated or copied.

Judging Criteria

Criteria	Description	Points
Relevance to Theme	How well the poster reflects "Food and Nutrition Security"	30
Creativity & Originality	Uniqueness of concept and visual expression	25
Visual Impact	Overall aesthetic appeal and ability to attract attention	20
Clarity of Message	How clearly the message is communicated	15
Neatness & Execution	Cleanliness and quality of presentation	10
Total		100

NUTRI - JINGLE CONTEST MECHANICS AND CRITERIA

WHO CAN JOIN:

- Open to BHSA Junior and Senior High School Students
- Team of **5-8 members**

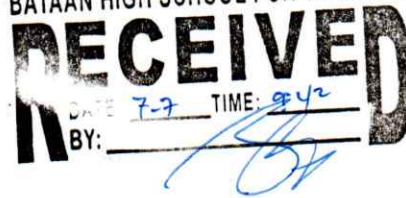


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Contest Guidelines:

Nutri-Jingle Mechanics:

JUL 07 2025

- Must be an **original composition** (melody + lyrics)
- **Lyrics** should reflect the **2025 theme and emphasize:**
 - Food and nutrition as a right
 - Food accessibility and security
 - Healthy eating habits
- Language: Filipino, English, or Taglish
- Duration: **2 mins**

Dance Mechanics:

- Choreography should match the jingle
- Dance must be **age-appropriate, wholesome, and creative.**
- Props and costumes allowed (optional), but must support the message.

Submission:

- **Video Recording of performance July 17, 2025**
- **Live performance on contest day July 18, 2025**

Judging Criteria:

Criteria	Description	Points
Relevance to Theme	Clear promotion of nutrition and food rights	25
Originality & Creativity	Unique music, lyrics, and choreography	20
Message Clarity	Understandable and impactful lyrics	20
Musicality	Rhythm, melody, harmony	15
Choreography & Performance	Energy, coordination, expression	15
Audience Impact	Engagement and appeal (for live or recorded)	5
Total		100