



Republic of the Philippines  
Department of Education  
Region VII, Central Visayas  
**DIVISION OF CEBU PROVINCE**  
Sudlon, Lahug, Cebu City



**DIVISION MEMORANDUM**

NO. 338, s. 2019

**TO:** Joel Umbay – PSDS of Minglanilla 1  
Danilo Manguilimotan – PSDS of Minglanilla 2  
Rey Anthony Paraiso - Principal of Lipata NHS  
Daniel Demetrio – Principal of Minglanilla Science NHS  
Florence A. Tabalin – Nurse II  
Evena O. Mangana – Nurse II  
Abigail Apple G. Malagar – Nurse II

**FROM:** RHEA MAR A. ANGTUD, ED. D., CESO VI  
Schools Division Superintendent

**DATE:** June 18, 2019

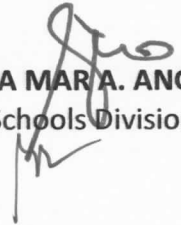
**SUBJECT:** NATIONAL NUTRITION COUNCIL REGION 7 NUTRITION MONTH LAUNCHING WITH  
THE PARTICIPATION OF DEPED CEBU PROVINCE

1. Every year the country celebrates Nutrition Month to create better awareness on the importance of good nutrition. This year's theme "*Kumain nang wasto at maging aktibo, push natin 'to!*" is a call to action for Filipinos to practice healthy diet and engage in regular physical activity and reduce sedentary behaviors which go hand in hand.
2. The National Nutrition Council Region VII through the Central Visayas Regional Nutrition Committee of which DepEd is a member is set to launch the month-long celebration on **July 1, 2019** at **SM Seaside City Cebu**.
3. This year's launching activity will highlight a Nutri Amazing Race. The race is to be participated by the secondary students who will undergo six different challenges. The activity aims to educate the youth on the importance of exercise and physical activity and encourage them to incorporate physical activity in their daily life to prevent overweight and subsequent non-communicable diseases.
4. As DepEd Cebu partners with NNC Region VII, it is in this context that you are hereby to identify and send at least 10 students of your school of which 3-4 students serve as racers and the remaining serve as supporters/cheerers.

5. Travelling expenses of the participants shall be charged to the school's MOOE while travelling expenses of division personnel shall be charged to Division Funds.

6. Guidelines and mechanics of the race are hereto attached.

7. This memorandum serves as Travel Order of the participants and strict compliance of this memorandum is hereby directed.

  
**RHEA MARIA. ANGTUD, ED. D., CESO VI**  
Schools Division Superintendent

## 2019 Nutrition Month Amazing Nutri Race Concept and Mechanics

### OBJECTIVES

- To educate the youth and mall-goers on the importance of exercise and physical activity in preventing overweight and obesity,
- To encourage participants to incorporate physical activity in their daily activities as part of practicing a healthy lifestyle, and
- To influence school officials to integrate physical activity in their school calendar.

### Eligibility & Registration

- The race is open to all secondary school students in Central Visayas. One team entry is allowed per school.
- Teams must be composed of three (3) to four (4) racers. All team members must be physically fit.
- Each team should have a coach to facilitate preparation. However, the coach is not allowed to participate during the actual race.
- Participants must fill-out the registration form and waiver and submit it to [region7@nnc.gov.ph](mailto:region7@nnc.gov.ph) or [nutritioncouncil.7@gmail.com](mailto:nutritioncouncil.7@gmail.com).
- Entries received after the deadline will no longer be considered.
- The NNC 7 Secretariat will contact the teams who qualify for the preliminary screening.

### Check-in

- Final participating teams should be at the venue at 12:30 PM (one and a half hour prior to the actual race).
- Each team may opt to wear their PE uniform or other bodywear that will give identity to their team. Please dress appropriately.
- Teams are not allowed to bring other equipment aside from handkerchief. Water will be provided in every station.
- The organizers will provide each team with a string bag where parts of the race puzzles will be placed.
- Each participating school is required to bring at least 20 other students for support. However, supporters shall stay at the launching program venue.
- *Live coverage will be provided along with entertainment and nutrition lectures.*

### Actual Race

- Actual race will begin at 02:00 PM. Race will start at the launching program area.
- Racing teams are NOT allowed to use the elevators and escalators.
- Participating teams will be given a map with six (6) different stations. Challenges will not be stated in the map. However, hints will be provided.
- Each station has different nutri-challenge to be completed. Once the team completes each challenge, the team need to answer one nutri-question related to this year's theme. Once completed, a part of a puzzle will be given to the team.
- Each team is given one 'PAUSE' power where they can delay a chosen team to pause for 5 minutes. This power can only be used once.

- Once all six (6) puzzles are completely collected, the racing team shall go back to the launching program area.
- Upon arrival, the racing team will have to assemble the puzzle.
- After the puzzle is assembled, the team shall ring the bell.
- The first team to ring the bell will be declared winner.

#### **Penalties, Disqualification And Emergencies/Dropping Out Of The Race**

- Safety for participants, the public, and the host establishment is a priority. At no time should the participating team or their supporter break mall laws, enter non-participating establishments illegally, cause destruction of property, or physical endangerment. Teams putting themselves, the public, or the host establishment in danger will receive a possible disqualification.
- Cheating is not allowed. Teams who do not complete the challenge will be disqualified.
- Teams caught skipping a challenge will be disqualified.

#### **Winners**

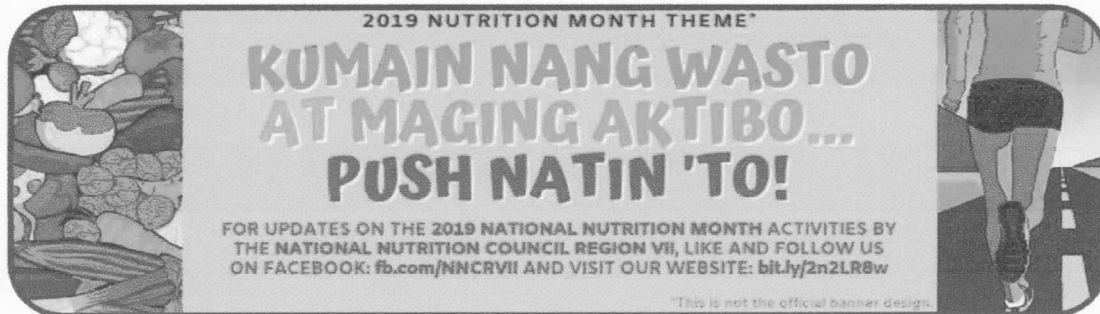
- The first team to complete the puzzle will win.
- Select members of the Regional Nutrition Committee will serve as Board of Judges.
- Decision of the board of judges is final and irrevocable.

#### **Prizes**

- First Place - Php 5,000.00 plus certificate
- Second Place - Php 3,000.00 plus certificate
- Third Place - Php 2,000.00 plus certificate
- Consolation Prize - Php 1,000.00 plus certificate



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
PAMBANSANG SANGGUNIAN SA NUTRISYON  
(NATIONAL NUTRITION COUNCIL – Region 7)  
Department of Health Center for Health Development 7  
Osmeña Blvd., Cebu City



## 2019 Nutrition Month Amazing Nutri-Race REGISTRATION FORM

Kindly send the filled-out registration form and waiver to [region7@nnc.gov.ph](mailto:region7@nnc.gov.ph) or [nutritioncouncil.7@gmail.com](mailto:nutritioncouncil.7@gmail.com) on or before 22 June 2019.

Form No. \_\_\_\_\_

Name of School: \_\_\_\_\_  
Address: \_\_\_\_\_ Date of Registration: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Mobile: \_\_\_\_\_ Email Address: \_\_\_\_\_

Names of Members:

	NAME	SEX	AGE	YEAR LEVEL	MEDICAL HEALTH CONDITION	
					√	x
1.						
2.						
3.						
4.						

By submitting this form, I do hereby agree with the mechanics of the 2019 Nutrition Month Amazing Nutri-Race.

Adviser's Signature over Printed Name: \_\_\_\_\_

Adviser's Contact Number: \_\_\_\_\_

**"Kumain nang wasto at maging aktibo... push natin 'to!"**

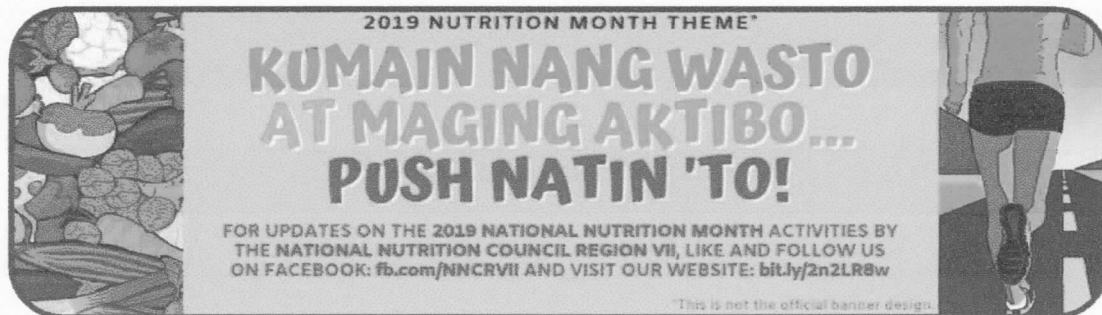
Telefax Nos. (032) 254-3263 or 418-7182 \* Email Address: [nutritioncouncil.7@yahoo.com](mailto:nutritioncouncil.7@yahoo.com)  
<http://www.nnc.gov.ph/regional-offices/region-vii>



Wastong Nutrisyon:  
Alamin, Gawin at Palaganapin



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**PAMBANSANG SANGGUNIAN SA NUTRISYON**  
**(NATIONAL NUTRITION COUNCIL – Region 7)**  
Department of Health Center for Health Development 7  
Osmeña Blvd., Cebu City



## 2019 Nutrition Month Amazing Nutri-Race

### WAIVER FORM

I, \_\_\_\_\_, do hereby read the mechanics and is giving my  
*(name of parent/guardian)*

permission for my son/daughter to join the 2019 Nutrition Month Amazing Nutri-Race organized by the National Nutrition Council Region VII through the Central Visayas Regional Nutrition Committee on 01 July 2019 at the Cube wing Atrium, SM Seaside City Cebu, North Reclamation Area, Cebu City.

Furthermore, the National Nutrition Council and the school will not be held responsible for any harm or injury that my child may incur before, during and after the conduct of the race.

Parent's/ Guardian's Signature: \_\_\_\_\_

Name of Parent's/ Guardian: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Date signed: \_\_\_\_\_

Parent's/ Guardian's Contact Details: \_\_\_\_\_

**"Kumain nang wasto at maging aktibo... push natin 'to!"**

Telefax Nos. (032) 254-3263 or 418-7182 \* Email Address: [nutritioncouncil7@yahoo.com](mailto:nutritioncouncil7@yahoo.com)

<http://www.nnc.gov.ph/regional-offices/region-vii>



**Wastong Nutrisyon:**  
Alam, Gawin at Palaganapin

0615 740C  
Dr. Tantal



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
PAMBANSANG SANGGUNIAN SA NUTRISYON  
(NATIONAL NUTRITION COUNCIL - NNC)  
Department of Health Center for Health Development  
Osmeña Blvd., Cebu City



08 May 2019

**DR. RHEA MAR A. ANGTUD, CESO VI**  
Division Superintendent, Division of Cebu Province  
Department of Education  
IPHO Bldg., Sudlon, Lahug, Cebu City

Dear *Dr. Angtud*:

Every year the country celebrates Nutrition Month to create awareness on the importance of good nutrition. This year's theme **"Kumain nang wasto at maging aktibo... push natin 'to!"** is a call to action for Filipinos to practice healthy diet and engage in regular physical activity and reduce sedentary behaviors which go hand in hand. The annual campaign every July will serve as an avenue to help individuals make informed food choices and be guided on how to integrate physical activity in daily life; jump-start or reinforce nutrition advocacies and policies; and mobilize stakeholders to provide an enabling environment for healthy diet and physical activity.

The National Nutrition Council Region VII through the Central Visayas Regional Nutrition Committee of which DepEd is a member is set to launch the month-long celebration on 01 July 2019 at SM Seaside City Cebu. This year's launching activity will highlight a Nutri Amazing Race. The race is proposed to be participated by the secondary students who will undergo six different challenges. The activity aims to educate the youth on the importance of physical activity in their daily life to prevent overweight and obesity and subsequent non-communicable diseases. Kindly see attached concept note.

It is in this context that we would like to invite you and the Division of Cebu Province to partner with us in this event. As partner, may we request your office to request 2-3 secondary schools from your provincial school division particularly in Minglanilla, Cebu to join the race? If possible, each participating school shall identify 3-4 students who will serve as racers. We would appreciate it if you can also bring at least 20 students to support your team. We would also like to invite you or your representative to attend the Nutrition Month Sales Conference on 30 May 2019 at 9:00 AM at the Narra Conference Room, DOH CHD 7, Cmpd, Cebu City where other activities for the month-long observance will also be discussed.

Our Nutrition Officer I, Ms. Norre Jean V. delos Santos will contact your office for other details regarding this matter. She can also be reached at (032) 254-3263 or 0905-520-9355.

We are looking forward to another productive partnership with you and your division as we push for the campaign of improved healthy lifestyle among our students. Thank you.

Very truly yours,

**Parolita A. Mission, DPA, RN**  
Nutrition Program Coordinator

**"Kumain nang wasto at maging aktibo... push natin 'to!"**

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[nnc.gov.ph](http://nnc.gov.ph)

