



Republic of the Philippines
Department of Education
Region XI
SCHOOLS DIVISION OF DIGOS CITY
Digos City



DIVISION MEMORANDUM
No. 136 s. 2020

February 24, 2020

**SCHOOLS MEASURABLE AND INTENSIFIED INTERVENTION ON ORAL HEALTH
LEADING TO EFFECTIVE EDUCATION (SMILE) CAMPAIGN**

TO: CID AND SGOD Chiefs
All Public Schools District Supervisors
Elementary School Heads
Junior and Senior High School Head
Health and Nutrition Section
All Others Concerned

1. In pursuance to the DepEd Memorandum No.015, s.2020 entitled Schools Measurable and Intensified Intervention on the Oral Health Leading to Effective Education (SMILE) Campaign, informing the field to implement the SMILE campaign for all learners prioritizing Kinder to Grade 3 and SBFP (School Based Feeding Program) beneficiaries, Teachers, Non-teaching personnel and Parents for promotion of Good Oral Health.
2. The following are the suggested activities, but not limited to:
 - a. All dentists with the assistance of other health personnel must conduct Oral Health Promotion to all school through education on proper diet for long lasting effects benefits of prevention of health promotion effects (see enclosure for sample meal plana and menu);
 - b. All schools and offices shall strictly implement policy and guideline on healthy food and beverages choices in school and in DepEd Offices (DepEd order no. 13, s2017);
 - c. Food and beverages with high sugar content and falls under red Category as per DO 13, s 2017 such as soft drinks, sports water, flavored water, candies and chewing gum are not recommended in the canteen menu and shall not be served in offices and in school events as this can contribute in the dental caries development.
 - d. All dentists shall promote good oral hygiene through active participation of learners in the daily toothbrushing activities in school (DepEd Order 33, s 2019) (DepEd Order 10, s 2016)
 - e. Conduct a brief oral health education to parents and how to educate their children on good oral hygiene practices during Parent Teachers Association (PTA) meeting
 - f. Fluoride treatment bi-annually and pits and fissure sealants application to Kinder to Grade 3 and School Based Feeding beneficiaries; and
 - g. Curative oral health service shall be given if necessary, to learners, teachers and noon-teaching personnel such as tooth extraction, restoration and filling, and other dental services.

Encls: memo

References: HNS

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

Governance Health Memo

**JAA SCHOOLS MEASURABLE AND INTENSIFIED : INTERVENTION ON ORAL HEALTH LEADING TO EFFECTIVE
EDUCATION (SMILE) CAMPAIGN**

2/24/2020



Republic of the Philippines
Department of Education
Region XI
SCHOOLS DIVISION OF DIGOS CITY
Digos City



3. The suggested activities stated in no. 2, letters b, c, and d will be monitored by the division Dentists and other Health personnel during their scheduled school visitation.
4. Accomplishment report shall be submitted on or before the 10th day of the succeeding month of the quarter with complete signatories and approved by the Schools Division Superintendent using the template attached to this Memorandum, address to the Regional Office XI attention: Dr. Marra B. Medrano, Dentist III and a scan copy emailed to marra.medrano@deped.gov.ph.
5. Immediate and wide dissemination of this Memorandum is desired.

for and in the absence of the
Schools Division Superintendent

CRISTY C. EPE, CESE
Schools Division Superintendent

[Signature]
SOLLIE B. OLIVER, LLB
Chief ES-SGOD
dc

DepEd Schools Division of Digos City

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DATE: FEB 26 2020 TIME: 10:01 AM

BY: *[Signature]*

Encls: memo

References: HNS

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

Governance Health Memo

JAA SCHOOLS MEASURABLE AND INTENSIFIED () INTERVENTION ON ORAL HEALTH LEADING TO EFFECTIVE EDUCATION (SMILE) CAMPAIGN

2/24/2020



Republic of the Philippines
DEPARTMENT OF EDUCATION
REGION XI
Davao City



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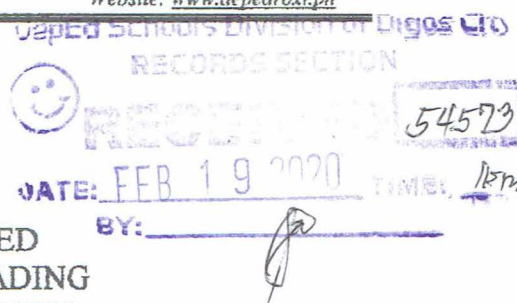
Email: region11@deped.gov.ph
Website: www.depedroxi.ph

MEMORANDUM

To : All Schools Division Superintendents

Subject: SCHOOLS MEASURABLE AND INTENSIFIED
INTERVENTION ON ORAL HEALTH LEADING
TO EFFECTIVE EDUCATION (SMILE) CAMPAIGN

Date : February 17, 2020



The Oral Health Status of Filipino children is alarming. The 2006 National Oral Health Survey (Monse B. et al, NOHS 2006) investigated the oral health status of Philippine public elementary school students. It revealed that 97.1% of six-year-old children suffer from tooth decay. More than four out of every five children of this subgroup manifested symptoms of dentinogenic infection. In addition, 78.4% of twelve-year-old children suffer from dental caries and 49.7% of the same age group manifested symptoms of dentinogenic infections. The severity of dental caries, expressed as the average number of decayed teeth indicated for filling/extraction or filled permanent teeth (DMFT) or temporary teeth (dmft), was 8.4 dmft for the six-year-old age group and 2.9 DMFT for the twelve-year-old age group.

In addition, School health is an important aspect of any community and oral health education is essential in building good oral health and hygiene to our learners. Learners can't attain their full educational potential without health and nutrition services.

Hence, all Schools Division shall implement School's Measurable and Intensified intervention on oral health Leading to effective Education (SMILE) campaign for all learners prioritizing Kinder to Grade 3 and SBFP (School Based Feeding Program) beneficiaries; Teachers; Non-teaching personnel and Parents for promotion of Good Oral Health.

The following are the suggested activity, but not limited to:

- 1.) All dentists with the assistance of other health personnel must conduct Oral Health Promotion to all schools through education on proper diet for long-lasting effects benefits of prevention and health promotion efforts (see enclosure for sample meal plans and menu);
- 2.) All schools and offices shall strictly implement policy and guidelines on healthy food and beverages choices in school and in DepEd offices. (DepEd Order 13, s2017);

Empowerment Adaptability Goal-oriented Leadership Excellence

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- 3.) Foods and beverages with high sugar content and falls under Red category as per DO 13, s 2017 such as soft drinks, sports water, flavored water, candies and chewing gum are not recommended in the canteen menu and shall not be served in offices and in school events as this can contribute in dental caries development.
- 4.) All Dentists shall promote good oral hygiene through active participation of learners in the daily tooth brushing activities in school (DepEd Order 33, s 2019) (DO 10 s. 2016).
- 5.) Conduct a brief oral health education to parents and how to educate their children on good oral hygiene practices during Parent Teachers Association (PTA) meeting;
- 6.) Fluoride treatment bi-annually and pits and fissure sealant application of Kinder-Grade 3 and School Based Feeding Beneficiaries; and,
- 7.) Curative oral health service shall be given if necessary to learners, teachers and non-teaching personnel such as tooth extraction, restoration and filling, and other dental services.

Accomplishment report shall be submitted on or before the 10th day of the succeeding month of the quarter with complete signatories and approved by the School Division Superintendent using the template attached to this Memorandum, address to the Regional Office XI attention: Dr. Marra B. Medrano, Dentist III and a scan copy emailed to marra.medrano@deped.gov.ph

Immediate and wide dissemination of this Memorandum is desired.


EVELYN R. FETALVERO, CESO IV
Assistant Regional Director
Officer-In-Charge
Office of the Regional Director

ROE/D4/mbm

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Empowerment Adaptability Goal-oriented Leadership Excellence

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Enclosure 3 Sample Meal Plans Lifted from Pingang Pinoy

Sample Meal Plan for Children, 3-5 years old

	Breakfast	Lunch	Supper	Snacks
1	Lakatan Fried Egg Carnote Taps Salad, with Tomatoes Rice	Chicken Tinola Chicken Breast - Vegetables Rice Mango	1/2 piece of 9x1cm 1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 piece of 10x12cm 1/2 matchbox size 1/2 cup 1/2 cup 1/2 cup
2	Pinasipila Chicken Adobo Chicken Carrot Steamed Egg Soybean and Banguis Beans Rice	Sinangang ng Tinitillo Chicken Breast - Vegetables Rice Papaya	1/2 slice 1/2 cup 1/2 cup 1/2 cup of 10x12cm	1/2 slice 1/2 cup 1/2 cup 1/2 cup
3	Tuna Sandwich with Cabbage and Tomatoes Fried Tuna Cabbage and Tomatoes Toast Bread	Boat Steak Adobong Sitaw Rice Pinasipila	1/2 matchbox size 1/2 cup 1/2 cup 1/2 cup of 10x12cm	1/2 matchbox size 1/2 cup 1/2 cup 1/2 cup
4	Parasay Homemade Pork Palo Salad Rice	Sinangang Dalagang Chicken Breast - Vegetables Rice Red Quava	1/2 piece small size 1/2 cup 1/2 cup 1 piece, 4 cm diam.	1/2 matchbox size 1/2 cup 1/2 cup 1 piece of 9x8 cm
5	Mango Chicken Arroz Caldo with Carrots and Mungbean Chicken Breast - Vegetables Rice	Port Nigra Lean Pork - Vegetables Boiled Sabal Chicken Breast Chicken Breast Steamed Egg Steamed Corn, and Soybean Rice	1/2 slice of 12x12 cm 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 piece of 8 x 1/2 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup
6	Beef & Veggie Patty Lean Ground Beef - Vegetables Pan de Sal	Sinangang Chicken Breast - Vegetables Rice Indian Mango	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup
7	Lutundan Fried Tanigue Adobong Kangkong Rice	Sinangang Chicken Breast - Vegetables Rice Lutundan	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup

Based on the Food Exchange List (FEL) in Meal Planning:
 1 cup of rice = 164 g
 1 cup of cooked vegetables = 90 g
 1 matchbox size of beef and pork = 30 g
 1 small chicken leg = 48 g
 1 medium chicken leg = 45 g

Sample Meal Plan for Children, 6 - 9 years old

	Breakfast		Lunch		Supper		Snacks	
Day 1	Lakatan Fried Egg Camote Tops Salad, with Tomatoes Rice	1 piece of 9x3cm 1/2 piece 3/4 cup 3/4 cup	Chicken Tinola - Chicken Breast - Vegetables Rice Mango	1/2 matchbox size of 3/4 cup 3/4 cup 1 slice, 12x7 cm	Fried Balungang Pinakbet Rice Watermelon	1/2 piece small size 3/4 cup 3/4 cup 1 slice, 12x6x3 cm	AM: Suman sa ibos PM: Boiled Camote	1 piece, 8x4x2 cm 1/2 piece of 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo Chicken Breast Steamed Carrots Sayote and Baguio Beans Rice	1 slice of 10x6x2cm 1/2 matchbox size 3/4 cup 3/4 cup	Sinigang na Turnillo Turnillo Vegetables Rice Papaya	1/2 slice 3/4 cup 3/4 cup 1 slice of 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita	1/2 piece, 6x6x2 cm 3/4 cup 3/4 cup 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Guisado	1 piece of 12x4 cm 1 cup
Day 3	Olalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	2 pieces, 6 cm diameter each 1 Tbsp. 3/4 cup 3 slices	Beef Steak Adobong Sitaw Rice Pineapple	1/2 matchbox size of 3/4 cup 3/4 cup 1 slice of 10x6x2 cm	Fried Chicken Breast Steamed Alugbati and Saluyot Rice Rambutan	1/2 matchbox size 3/4 cup 3/4 cup 8 pieces, 3 cm diameter each	AM: Kababayan PM: Kutsinta	2 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 1 piece, 6 cm diameter x 2 1/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	1 slice of 10x6x2 cm 1/2 matchbox size 3/4 cup 3/4 cup	Ginataang Dalagang Bukid with Pechay Dalagang Bukid Pechay Rice Red Guava	1/2 piece small size 3/4 cup 3/4 cup 2 pieces, 4 cm diameter each	Beef Bulalo Lean Beef Vegetables Rice Latundan	1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 9x3 cm	AM: Pan de Coco PM: Suman Cassava	1 piece, 7x6 cm 1/2 piece 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice	1 slice of 12x7 cm 1/2 matchbox size 3/4 cup 3/4 cup	Pork Nilaga Lean Pork Vegetables Boiled Saba	1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple	1/2 piece small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm
Day 6	Melon Beef & Veggie Patty Lean Ground Beef Vegetables Pan de Sal	1/2 slice of 12x10x3 cm 1 Tbsp. 3/4 cup 3 small pieces	Chicken Barbecue Chicken Breast Sauteed Carrots Sweet Corn, And Sayote Rice Indian Mango	1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	Porkchop Dinengdeng Rice Pear	1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm diameter	AM: Spanish Bread PM: Turon	1 piece of 10x4 cm 1 piece, 9 1/2x 1 1/2x1 cm
Day 7	Latundan Fried Tanigue Adobong Kangkong Rice	1 piece of 9x3 cm 1/2 slice 3/4 cup 3/4 cup	Str-Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones	1/2 matchbox size 3/4 cup 3/4 cup 8 pieces, 4x2 cm each	Sinampalukang Manok Chicken Breast Vegetables Rice Pomelo	1/2 matchbox size 3/4 cup 3/4 cup 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue	1 piece loaf bread and 2 tps. peanut butter 1 piece, 9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice - 160 g	1 matchbox size of chicken breast - 30 g
1 cup of cooked vegetables - 90 g	1 small size fish - 35 g
1 matchbox size of beef and pork - 30 g	1 slice of fish - 35 g
1 small chicken leg - 30 g	1 medium size fish - 55 g
1 medium chicken leg - 45 g	

Sample Meal Plan for Children, 10 - 12 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lekaron Fried Egg Camote Tops Salad, with Tomatoes Rice	Chicken Tinola Chicken leg, small Vegetables Rice Mango	Fried Galungong Pinakbet Rice Watermelon	AM: Suman sa ramos PM: Boiled Camote 1 piece of 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice	Sinigang na Turdillo Turdillo Vegetables Rice Papaya	Tofu Steak Chopsuey Rice Dalanghita	AM: Boiled Corn PM: Pansit Guisado 2 pieces, 12x6 cm each 1 cup 2 pieces, 6 cm diameter each
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	Beef Steak Adobong Sitaw Rice Pineapple	Fried Chicken, leg small Steamed Alugbati and Saluyot Rice Rambutan	AM: Kababayan PM: Kutsinta 4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	Ginataang Dalagang Bukid with Pechay Dalagang Bukid Pechay Rice Red Guava	Beef Bulalo Lean Beef Vegetables Rice Latundan	AM: Pan de Coco PM: Suman Cassava 2 pieces, 7x6 cm each 1 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba	Fried Tilapia Bulanglang Rice Apple	AM: Ensaymada PM: Puto, white 2 pieces 8 1/2 cm diameter x 2 cm thick each 2 slices, 9 1/2x3x3 1/2 cm each
Day 6	Melon Beef & Veggie Patty Lean Ground Beef Vegetables Pan de Sal	Chicken Barbecue Chicken leg, small Sauteed Carrots Sweet Corn, and Sayote Rice Indian Mango	Porkchop Dinengdeng Rice Pear	AM: Spanish Bread PM: Turon 2 pieces, 10x4 cm each 1 piece, 9 1/2x3 1/2x1 cm
Day 7	Latundan Fried Tanigue Adobong Kangkong Rice	Stir-Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones	Sinampalukang Manok Chicken leg, small Vegetables Rice Pomelo	AM: Peanut Butter Sandwich PM: Banana Cue 2 piece loaf bread and 1 Tbsp. Peanut butter 2 pieces, 9 1/2x4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice - 160 g	1 matchbox size of chicken breast - 30 g
1 cup of cooked vegetables - 90 g	1 small size fish - 35 g
1 matchbox size of beef and pork - 30 g	1 slice of fish - 35 g
1 small chicken leg - 30 g	1 medium size fish - 55 g
1 medium chicken leg - 45 g	

Sample Meal Plan for Male Adolescents, 13 - 18 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Camote Tops Salad, with Tomatoes Rice 1 piece, 9x3cm 2 slices 1-2 cups 2 cups	Chicken Tinola Chicken leg, small Vegetables Rice Mango 2 pieces 1-2 cups 2 cups 1 slice, 12x7 cm	Fried Galunggong Pinakbet Rice Watermelon 2 pieces small size 1-2 cups 2 cups 1 slice, 12x3 cm	AM: Suman sa ibos PM: Boiled Camote 1 piece, 8x4x2 cm 1/2 piece of 11 cm long x 1/2 cm diameter
Day 2	Pineapple Chicken Adobo Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice 1 slice of 10x6x2cm 2 pieces 1-2 cups 2 cups	Sinigang na Turcillo Turcillo Vegetables Rice Papaya 2 slices 1-2 cups 2 cups 1 slice, 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita 2 pieces, 6x6x2 cm each 1-2 cups 2 cups 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Gusado 1 piece, 12x4 cm 1/2 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread 2 pieces, 6 cm diameter each 1/4 cup 1-2 cups 8 slices	Beef Steak Adobong Sitaw Rice Pineapple 2 matchbox size 1-2 cups 2 cups 1 slice, 10x6x2 cm	Fried Chicken, leg small Steamed Alugbati and Saluyot Rice Rambutan 2 pieces 1-2 cups 2 cups 8 pieces, 3 cm diameter each	AM: Kababayan PM: Kutsinta 2 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 1 piece, 6 cm diameter x 2 1/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice 1 slice of 10x6x2 cm 2 matchbox sizes 1-2 cups 2 cups	Ginstang Dalagang Bukid with Pechay Dalagang Bukid Pechay Rice Red Guava 2 pieces small size 1-2 cups 2 cups 2 pieces, 4 cm diameter each	Beef Bulalo Lean Beef Vegetables Rice Latundan 2 matchbox sizes 1-2 cups 2 cups 1 piece, 9x3 cm	AM: Pan de Coco PM: Suman Cassava 1 piece, 7x6 cm 1/2 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice 1 slice of 12x7 cm 2 matchbox sizes 1-2 cups 2 cups	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba 2 matchbox sizes 1-2 cups 2 cups 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple 2 pieces small size 1-2 cups 2 cups 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white 1 piece, 8 1/2 cm diameter x 2 cm thick 1 slice, 9 1/2 x 3 1/2 cm
Day 6	Melon Beef & Veggie Patty Lean Ground Beef Vegetables Pan de Sal 1 slice, 12x10x3 cm 4 Tbsps. 1-2 cups 8 small pieces	Chicken Barbecue Chicken leg, small Sauteed Carrots Sweet Corn, and Sayote Rice Indian Mango 2 pieces 1-2 cups 2 cups 1 piece, 6 cm diameter	Porkchop Dinengdeng Rice Pear 2 matchbox sizes 1-2 cups 2 cups 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon 1 piece, 10x4 cm 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Fried Egg Adobong Kangkong Rice 1 piece of 9x3 cm 1 slice 1 piece 1-2 cups 2 cups	Stir-Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones 2 matchbox sizes 1-2 cups 2 cups 8 pieces, 4x2 cm each	Sinampalukang Manok Chicken leg, small Vegetables Rice Pamelo 2 pieces 1-2 cups 2 cups 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue 1 piece loaf bread and 2 tsp. peanut butter 1 piece 9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Manual Planning:

1 cup of rice = 160 g	1 matchbox size of chicken breast = 30 g
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g
1 matchbox size of beef and pork = 30 g	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish = 55 g
1 medium chicken leg = 45 g	

Sample Meal Plan for Female Adolescents, 13 - 18 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Camote Tops Salad, with Tomatoes Rice 1 piece, 9x3cm 1 slice 1-1 1/2 cups 1 1/2 cups	Chicken Tinola - Chicken leg, small - Vegetables Rice Mango 1 piece 1-1 1/2 cups 1 1/2 cups 1 slice, 12x7 cm	Fried Galangong Pinakbet Rice Watermelon 1 piece small size 1-1 1/2 cups 1 1/2 cups 1 slice, 12x6x3 cm	AM: Suman sa ibos PM: Boiled Camote 1 piece, 8x4x2 cm 1/2 piece of 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice 1 slice, 10x6x2cm 1 piece 1-1 1/2 cups 1 1/2 cups	Sinigang na Turofflo - Turofflo - Vegetables Rice Papaya 1 slice 1-1 1/2 cups 1 slice, 10x6x2 cm	Tofu Steak Choosuey Rice Dalanghita 1 piece, 6x6x2 cm 1-1 1/2 cups 1 1/2 cups 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Guisado 1 piece, 12x4 cm 1/2 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread 2 pieces, 6 cm diameter each 2 Tbsps. 1-1 1/2 cups 6 slices	Beef Steak Adobong Sitaw Rice Pineapple 1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 slice, 10x6x2 cm	Fried Chicken small Steamed Mungbean and Saluyot Rice Rambutan 1 piece 1-1 1/2 cups 1 1/2 cups 8 pieces, 3 cm diameter each	AM: Katsabayon PM: Kutsinta 1 piece, 4 1/2 cm diameter x 1 1/2 cm thickness each 1 piece, 6 cm diameter x 2 1/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice 1 slice of 10x6x2 cm 1 matchbox size 1-1 1/2 cups 1 1/2 cups	Ginggang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava 1 piece small size 1-1 1/2 cups 1 1/2 cups 2 pieces, 4 cm diameter each	Beef Bulalo - Lean Beef - Vegetables Rice Latundan 1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 piece, 9x3 cm	AM: Pan de Coco PM: Suman Cassava 1 piece, 7x6 cm 1/2 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice 1 slice of 12x7 cm 1 matchbox size 1-1 1/2 cups 1 1/2 cups	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba 1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 piece, 10x4 cm	Fried Tilapia Butanglang Rice Apple 1 piece small size 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white 1 piece, 8 1/2 cm diameter x 2 cm thick 1 slice, 9 1/2 x 3 x 3 1/2 cm
Day 6	Melon Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal 1 slice, 12x10x3 cm 2 Tbsps. 1-1 1/2 cups 6 pieces small size	Chicken Barbecue - Chicken leg, small Sauteed Carrots Sweet Corn, and Sayote Rice Indian Mango 1 piece 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter each	Porkchop Dinengdeng Rice Pear 1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon 1 piece, 10x4 cm 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Adobong Kangkong Rice 1 piece of 9x3 cm 1 slice 1-1 1/2 cups 1 1/2 cups	Stir-fried beef with Chinese Cabbage and Cauliflower - Lean Beef - Vegetables Rice Lansones 1 matchbox size 1-1 1/2 cups 1 1/2 cups 8 pieces, 4x2 cm each	Sinampalukang Manok - Chicken leg, small - Vegetables Rice Pomelo 1 piece 1-1 1/2 cups 1 1/2 cups 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue 1 piece loaf bread and 2 tsp. peanut butter 1 piece 9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice = 160 g	1 matchbox size of chicken breast = 30 g
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g
1 matchbox size of beef and pork = 30 g	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish = 55 g
1 medium chicken leg = 45 g	

Sample Meal Plan for Male Adults, 19 - 59 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Carnote Tops Salad, with Tomatoes Rice 1 - 1/2 cups	Chicken Tinola - Chicken leg small - Vegetables Rice Mango 2 pieces 1-1 1/2 cups 1 1/2 cups 1 slice, 12x7 cm	Fried Galungong Pinakbet Rice Watermelon 2 pieces medium size 1-1 1/2 cups 1 1/2 cups 1 slice, 12x3 cm	AM: Suman sa ibos PM: Boiled Carnote 2 pieces, 8x3x2 cm each 1 piece, 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice 1 1/2 cups	Sinigang na Turcillo - Turcillo - Vegetables Rice Papaya 2 slices 1-1 1/2 cups 1-1 1/2 cups 1 slice, 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita 2 pieces, 6x6x2 cm each 1-1 1/2 cups 1 1/2 cups 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Guisado 2 pieces, 12x4 cm each 1 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes Loaf Bread 2 pieces, 6 cm diameter each 1/4 cup 1-1 1/2 cups 6 slices	Beef Steak Adobang Sitaw Rice Pineapple 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 slice, 10x6x2 cm	Fried Chicken leg, medium Steamed Alugbati and Saluyot Rice Rambutan 2 pieces 1-1 1/2 cups 1 1/2 cups 8 pieces, 3 cm diameter each	AM: Kabahayan PM: Kutsinta 4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice 1 - 1 1/2 cups 1 1/2 cups	Ginataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava 2 pieces medium size 1-1 1/2 cups 1-1 1/2 cups 2 pieces, 4 cm diameter each	Beef Bulalo - Lean Beef - Vegetables Rice Latundan 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 piece, 9x3 cm	AM: Pan de Coco PM: Suman Cassava 2 pieces, 7x6 cm each 1 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice 1 slice of 12x7 cm 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple 2 pieces medium size 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white 2 pieces, 8 1/2 cm diameter x 2 cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each
Day 6	Melon Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal 1 slice, 12x10x3 cm 4 Tbsps. 1-1 1/2 cups 6 pieces	Chicken Barbecue - Chicken leg, medium Sauteed Carrots Sweet Corn, and Sayote Rice Indian Mango 2 pieces 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter each	Porkchop Dinengdeng Rice Pear 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon 2 pieces, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Fried Egg Adobang Kangkong Rice 1 piece of 9x3 cm 1 slice of fish 1 piece 1-1 1/2 cups 1 1/2 cups	Stir-fried beef with Chinese Cabbage and Cauliflower - Lean Beef - Vegetables Rice Lansones 2 matchbox sizes 1-1 1/2 cups 1 1/2 cups 8 pieces, 4x2 cm each	Sinampalukan Manok - Chicken leg, medium - Vegetables Rice Pomefo 2 pieces 1-1 1/2 cups 1 1/2 cups 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue 2 piece loaf bread and 1 Tbsp. Peanut butter 2 pieces 9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice = 160 g	1 matchbox size of chicken breast = 30 g
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g
1 matchbox size of beef and pork = 30 g	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish = 55 g
1 medium chicken leg = 45 g	

Sample Meal Plan for Female Adults, 19 - 59 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	Likatan Fried Bangus Camote Tops Salad, with Tomatoes Rice	Chicken Tinola Chicken leg small Vegetables Rice Mango	Fried Galunggong Pinakbet Rice Watermelon	AM: Suman sa ibos PM: Boiled Camote
Day 2	Pineapple Chicken Adobo Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice	Sinigang na Turdillo Turdillo Vegetables Rice Papaya	Tofu Steak Chopsuey Rice Dalanghita	AM: Boiled Corn PM: Panisit Guisado
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	Beef Steak Adobong Sitaw Rice Pineapple	Fried Chicken leg, medium Steamed Alugbati and Saliyot Rice Rambutan	AM: Kababayan PM: Kutsinta
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	Ginataang Dalagang Bukid with Pechay Dalagang Bukid Pechay Rice Red Guava	Beef Bulalo Lean Beef Vegetables Rice Latundan	AM: Pan de Coco PM: Suman Cassava
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba	Fried Tilapia Bulanglang Rice Apple	AM: Ensaymada PM: Puto, white
Day 6	Melon Beef & Veggie Patty Lean Ground Beef Vegetables Pan de Sal	Chicken Barbecue Chicken leg, medium Sautéed Carrots Sweet Corn, and Sayote Rice Indian Mango	Porkchop Dinengdeng Rice Pear	AM: Spanish Bread PM: Turon
Day 7	Utundan Fried Yanigue Fried Egg Adobong Kangkong Rice	Stir-Fried beef with Chinese Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones	Sinampalukan Manok Chicken leg, medium Vegetables Rice Pomelo	AM: Peanut Butter Sandwich PM: Banana Cue

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice = 160 g	1 matchbox size of chicken breast = 30 g
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g
1 matchbox size of beef and pork = 30 g	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish = 55 g
1 medium chicken leg = 45 g	

Sample Meal Plan for Male Elderly 60, years old and above

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Camote Tops Salad, with Tomatoes Rice 1 piece, 9x3cm 2 slices 1 cup 1 cup	Chicken Tinola - Chicken leg, small - Vegetables Rice Mango 2 pieces 1 cup 1 cup 1 slice, 12x7 cm	Fried Galunggong Pinakbet Rice Watermelon 2 pieces small size 1 cup 1 cup 1 slice, 12x6x3 cm	AM: Suman sa ibos PM: Boiled Camote 2 pieces, 8x4x2 cm each 1 piece, 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Sayote and Baguio Beans Rice 1 slice of 10x6x2cm 2 pieces 1 cup 1 cup	Sinigang na Turdillo - Turdillo - Vegetables Rice Papaya 2 slices 1 cup 1 cup 1 slice, 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita 2 pieces, 6x6x2 cm each 1 cup 1 cup 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Guisado 2 pieces, 12x4 cm each 1 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread 2 pieces, 6 cm diameter each 1/4 cup 1 cup 4 slices	Beef Steak Adobong Sitaw Rice Pineapple 2 matchbox sizes 1 cup 1 cup 1 slice, 10x6x2 cm	Fried Chicken leg, medium Steamed Alugbati and Saluyot Rice Rambutan 2 pieces 1 cup 8 pieces, 3 cm diameter each	AM: Kababaya n PM: Kutsinta 4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice 1 slice of 10x6x2 cm 2 matchbox sizes 1 cup 1 cup	Ginataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava 2 pieces small size 1 cup 1 cup 2 pieces, 4 cm diameter each	Beef Butalo - Lean Beef - Vegetables Rice Latundap 2 matchbox sizes 1 cup 1 cup 1 piece, 9x3 cm	AM: Pan de Loco PM: Suman Cassava 2 pieces, 7x6 cm each 1 piece, 15x3x2 cm
Day 5	Mango Chicken Aroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice 1 slice of 12x7 cm 2 matchbox sizes 1 cup 1 cup	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba 2 matchbox sizes 1 cup 1 cup 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple 2 pieces small size 1 cup 1 cup 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white 2 pieces, 8 1/2 cm diameter x 2 cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each
Day 6	Melon Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal 1 slice, 12x10x3 cm 4 Tbsps. 1 cup 4 small pieces, 17 g each	Chicken Barbecue - Chicken leg, medium Sautéed Carrots, Sweet Corn, and Sayote Rice Indian Mango 2 pieces 1 cup 1 cup 1 piece, 6 cm diameter	Porkchop Dinengdeng Rice Pear 2 matchbox sizes 1 cup 1 cup 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon 2 pieces, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Fried Egg Adobong Kangkong Rice 1 piece of 9x3 cm 1 slice small size 1 piece 1 cup 1 cup	Stir-Fried beef with Chinese Cabbage and Cauliflower - Lean Beef - Vegetables Rice Lansones 2 matchbox sizes 1 cup 1 cup 8 pieces, 4x2 cm each	Sinampalukang Manok - Chicken leg, medium - Vegetables Rice Pomelo 2 pieces 1 cup 1 cup 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue 2 pieces loaf bread and 1 Tbsp. Peanut butter 2 pieces 9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice = 160 g	1 matchbox size of chicken breast = 30 g
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g
1 matchbox size of beef and pork = 30 g	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish = 55 g
1 medium chicken leg = 45 g	

Sample Meal Plan for Female Elderly 60, years old and above

	Breakfast	Lunch	Supper	Snacks
Day 1	Lakatan Fried Bangus Camote Tops Salad, with Tomatoes Rice 1 piece, 9x3cm 2 slices 3/4 cup 3/4 cup	Chicken Tinola - Chicken leg small - Vegetables Rice Mango 2 pieces 3/4 cup 3/4 cup 1 slice, 12x7 cm	Fried Galunggong Pinakbet Rice Watermelon 2 pieces small size 3/4 cup 3/4 cup 1 slice, 12x6x3 cm	AM: Suman sa ibos PM: Boiled Camote 2 pieces, 8x2 cm each 1/2 piece, 11 cm long x 4 1/2 cm diameter
Day 2	Pineapple Chicken Adobo - Chicken leg, small Steamed Carrots Sayote and Bagoio Beans Rice 1 slice of 10x6x2cm 2 pieces 3/4 cup 3/4 cup	Sinigang na Turdillo - Turdillo - Vegetables Rice Papaya 2 slices 3/4 cup 3/4 cup 1 slice, 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita 2 pieces, 6x6x2 cm each 3/4 cup 3/4 cup 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Guisado 1 piece, 12x4 cm each 1/2 cup
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread 2 pieces, 6 cm diameter each 1/4 cup 3/4 cup 3 slices	Beef Steak Adobong Sitaw Rice Pineapple 2 matchbox sizes 3/4 cup 3/4 cup 1 slice, 10x6x2 cm	Fried Chicken leg, medium Steamed Alugbati and Saluyot Rice Rambutan 2 pieces 3/4 cup 3/4 cup 8 pieces, 3 cm diameter each	AM: Kababayan PM: Kutsinta 2 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 1 piece, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice 1 slice of 10x6x2 cm 2 matchbox sizes 3/4 cup 3/4 cup	Ginataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava 2 pieces small size 3/4 cup 3/4 cup 2 pieces, 4 cm diameter each	Beef Bulalo - Lean Beef - Vegetables Rice Latundan 2 matchbox sizes 3/4 cup 3/4 cup 1 piece, 9x3 cm	AM: Pan de Cuco PM: Suman Cassava 1 piece, 7x6 cm each 1/2 piece, 15x3x2 cm
Day 5	Mango Chicken Arroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice 1 slice, 12x7 cm 2 matchbox sizes 3/4 cup 3/4 cup	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba 2 matchbox sizes 3/4 cup 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple 2 pieces small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white 1 piece, 8 1/2 cm cm diameter x 2 cm thick each 1 slice, 9 1/2 x 3 x 1 1/2 cm each
Day 6	Melon Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal 1 slice, 12x 10x3 cm 4 Tbsp. 3/4 cup 3 small pieces each	Chicken Barbecue - Chicken leg, medium Sautéed Carrots Sweet Corn, and Sayote Rice Indian Mango 2 pieces 3/4 cup 3/4 cup 1 piece, 6 cm diameter	Pork Chop Dinengdeng Rice Pear 2 matchbox sizes 3/4 cup 3/4 cup 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon 1 piece, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm
Day 7	Latundan Fried Tanigue Fried Egg Adobong Kangkong Rice 1 piece, 9x3 cm 1 slice small size 1 piece 3/4 cup 3/4 cup	Soy-fried beef with Chinese Cabbage and Cauliflower - Lean Beef - Vegetables Rice Lonsones 2 matchbox sizes 3/4 cup 3/4 cup 8 pieces, 4x2 cm each	Sinampalukan Mamok - Chicken leg, medium - Vegetables Rice Pomelo 2 pieces 3/4 cup 3/4 cup 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue 1 piece loaf bread and 2 Tbsp. Peanut butter 1 piece, 9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of rice = 160 g	1 matchbox size of chicken breast = 30 g
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g
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DEPARTMENT OF EDUCATION
Region XI

ORAL HEALTH ACCOMPLISHMENT REPORT

Region/ Division:

Month:

Grade Level : GRADE 1

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