

Preschoolers Promote Healthy Food Consumption in Nutrition Month
Celebration 2018

by Lizly Ann L. Villarde. MA.Ed.

With the theme, “Ugaliing Magtanim, Sapat na Nutrisyon Aanihin,” which aims to improve the healthy food consumption of Filipinos with backyard gardening, the Preschool Department of Philippine School Doha headed by the Vice Principal, Dr. Nida H. Garcia celebrated Nutrition Month with pride. It was indeed a successful two-day event last July 30 with the afternoon session and July 31, 2018 with the morning session.

The said event had simultaneous activities done in the respective classrooms of Nursery, Kinder 1, and Kinder 2. It started with an assembly, followed by a video presentation about food and hygiene. The pupils also had their dance presentations as a way of showing how health is important to everyone.

Another activity and surely the most exciting part was the Mini Food Fest Judging, wherein the morning and the afternoon sessions had a competition on food presentation and style. There were different sets of judges per level and different winners per session. The judges for the Nursery Level were Dr. Wilgie Mae T. Serna, Mr. Michaelino A. Saratan, and Mrs. Melissa R. Montayre. The judges for Kinder 1 Level were Dr. Lorina S. Villanueva, Dr. Caridad A. Cañete, and Mr. Jerome B. Constantino and for the Kinder 2 Level, the judges were Dr. Noemi F. Formaran, Dr. Cleofe M. Pascual, and Mrs. Anabella I. Guzman.

After the Mini Food Fest judging, children shared the food they brought. They were all excited and had fun with their fellow classmates. It was a memorable experience for kids to share and enjoy the blessings they had with others. The children were also taught how to appreciate and give value to the food prepared for them daily. The activity ended with a prayer and thanksgiving to God.

Special gifts were given out during the Awarding at the VP Preschool Office.
The results are as follow:

Level & Section AM Session	Adviser	Level & Section PM Session	Adviser
N – Affable	Marfloris D. Baladad, MA.Ed.	N – Charming	Janet A. Gerona, MA.Ed.
K1 – Happy	Mary Grace A. Singson, MA.Ed.	K1 – Radiant	Mary Grace A. Singson, MA.Ed.
K2 – Alert	Vanessa H. Zafra, MA.IE.	K2 – Dynamic	Apphia A. Laroa, MA.Ed.
		K2 – Vibrant	Jackelyn M. Colipano, MAT
		K2 – Smart	Erly A. Lantan, MA.IE.