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EXTENSION ACTIVITY ACCOMPLISHMENT REPORT

Instruction: This report has to be submitted with the following: Approved Training Design, Attendance, Summary of Evaluation, At Least 10% of the Accomplished Evaluation Form

Please Note: Accomplishment Report has to be submitted within THIRTY [30] DAYS after the conduct of the Activity. Non-compliance will mean succeeding extension activities will not be approved and endorsed.

BASIC INFORMATION:

1. Title of Extension Activity: **Nutrition Education and Cooking Demonstration**
2. Date and Venue: **October 4 – 6, 2022**
3. Target Participants: **Parents, Teachers, Health & Nutrition Workers & Prospective Businessmen/Sellers**
4. Estimated Cost: **P42,000.00**
5. Fund Source: **Benguet State University- Office of Extension Services (transportation)
DOST and cooking demo ingredients (meals and snacks)
Community Residents (ingredients in kind)**
6. Proponents/Implementors: **Department of Human Nutrition, CHET, BSU**
7. Cooperating Agency/ies/Unit/s: **Local Government Unit (Municipality of Kibungan and Barangays)
DOST-CAR**

REPORT:

1. Rationale:

Considering the prevalence of malnutrition, and the willingness of officials among other factors, the CHET-DHN adopted Kibungan as its site for the extension project, Kibungan on W.H.E.E.L.S. and is given until December 2022 to comply with AACCUP April 2022 recommendations of enhancement and expansion of extension programs, conduct and submission of an impact study before it can be granted the level-IV status program. An impact study remains the only lacking requirement per accreditation mentioned in the September 2018 accreditation. Two attempts for two consecutive years were insufficient and another grace period is given again after December 2022. In partial fulfillment, nutrition education was carried out after the students conducted a TNA.

Nutrition education is an essential intervention to achieve and maintain optimal nutritional health. This is expected to facilitate the voluntary adoption of eating and nutrition-related behaviors conducive to health and well-being (ADA, 1996 as cited by Ruiz and Claudio, 2010). In its continuing efforts to assist in alleviating the nutrition situation of the communities, the College of Home Economics and Technology particularly the Department of Human Nutrition took the opportunity to cater to the requests of the three (3) barangays of Kibungan for the conduct of nutrition education and cooking demonstration among their constituents.

2. Objectives: Generally, the activity aimed to enhance the knowledge and skills of the participants. Specifically, it aimed to determine the training needs of CDC



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workers, basic education teachers, health and nutrition workers, current and prospective sellers in the areas of food, health, and nutrition

3. Type and Number of Clients: 136 (Sagpat: 36, Poblacion: 39, Lubo: 61)

Table 1. Types of participants

Group	Sagpat (n=36)	Poblacion (n=39)	Lubo (n=61)
Parents	√	√	√
Officials, Health & Nutrition Workers	√	√	√
Teachers (Day Care & Elementary)		√	√
Storekeepers & Prospective Businesspeople	√	√	
Students			√

4. Methodology: a. Lecture-Discussion using PowerPoint presentation
 b. Cooking Demonstration with return demonstration and product evaluation
5. Brief Summary of Accomplishment [Please include photos of the project]:
 a. The activity conducted in the three (3) barangays of Sagpat, Poblacion, and Lubo, was participated in by 3 permanent Nutritionist-Dietitians, 4 COS teachers, and Chayote Research staff.
 b. The topics were determined through a Training Needs Analysis conducted by the students who were then deployed in the municipality.

Table 2. Topics, lecturers, and trainers

Topics	Sagpat	Poblacion	Lubo
a. Food and Nutrients / Nutritional Value of Foods	Imelda Degay	Pelin Belino	Disney Diezl Deponio
b. Food Safety	Alona Lasuden	Mary Delfin Joyce	Imelda Degay
c. Alternative Ways of Preparing Local Foods	Rhea Wakat	Mary Delfin Joyce	Sherilyn Balauro
d. Nutrition for Adolescents (Poblacion only)		Pelin Belino	
e. Nutrition and Renal Diseases			Imelda Degay
Trainer, Chayote Recipes	Clarisse Danis	Clarisse Danis Mary Joyce Tayaban-Delfin	Clarisse Danis
Facilitator	Imelda Degay		



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Figure 1. Ms. Alona Lasuden (left) and Ms. Rea Wakat, faculty members of the Department of Human Nutrition present the various or alternative means of cooking local crops as well as tips for ensuring that food is safe for consumption among parents, guardians, barangay officials, health and nutrition workers, store keepers of Sagpat, Kibungan.



Figure 2. Photo shows Dr. Pelin Belino (right) emphasizing the importance of nutrition for adolescents while Ms. Mary Joyce Delfin supplemented the earlier topic with alternative ways of cooking local crops to improve the quality of the diet of adolescents. The participants consist of parents/guardians, health and nutrition workers, barangay officials, daycare workers, and storekeepers.



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Figure 3. (From top to bottom) Ms. Disney Dezyl Deponio presents the essential nutrients required to allow the body to efficiently function while Mrs. Sherilyn Balauro reinforced the earlier topic by providing local sources of nutrient-dense foods and their creative ways of preparing. Dr. Imelda Degay further discussed the importance of sanitation and safety in food preparation while incorporating also the value of taking care of the kidneys to prevent diseases or disorders related to kidneys.



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Figure 4. Post-photo op with the remaining participants of Poblacion and Lubo





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2. Pre- and post-tests on the two common topics were conducted. Comparing results, increases in knowledge for both topics discussed were noted to be consistent in all the areas (Table 3)

Table 3. Pre- and post-test results

Barangay	Food Safety			Food and Nutrients		
	Pre-Test	Post-Test	Increment	Pre-Test	Post-Test	Increment
Sagpat	6.33	8.19	1.86	8.43	9.19	0.76
Poblacion	5.24	5.47	0.23	7.12	8.71	1.59
Lubo	6.55	6.73	0.18	7.86	8.82	0.96
Mean	6.04	6.80	0.75	7.80	8.91	1.10



Figure 5. Clarifying statements in the Pre-Test

2. As part of the technology transfer of chayote recipes, cooking demonstration was done on recipes such as empanada, chayote-apple pocket pie, chayote pickle, cinnamon bread and chayote-orange marmalade. Except for empanada which was demonstrated in Poblacion only, the same recipes were taught in all three barangays.



Figure 6. Demonstration of chayote recipes



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Figure 7. Return Demo

6. Actual Financial Report:

- Fuel – P 5,000.00
- Meals - P 32,400.00 (c/o DOST Chayote Research)
 P 600.00 (c/o I. Degay)
- Food Ingredients – approx. P 4,000 (c/o some residents)

7. Highlights of Evaluation: Evaluation forms were floated among the participants in the three barangays. Results showed a consistently excellent rating for all criteria and an overall rating of 4.60 out of 5.

Table 4. Evaluation of the activity

Criteria	Barangay			Mean (max 5)	Descriptive Rating
	Sagpat	Poblacion	Lubo		
1. Pre-event activities	4.65	4.75	4.71	4.70	Excellent
2. Activity components	4.19	4.82	4.71	4.55	Excellent
3. Organization, duration, appropriateness of audio-visual aids	4.23	4.82	4.54	4.49	Excellent
4. Resource Person	4.52	4.82	4.64	4.64	Excellent
5. Physical Facilities	4.68	4.35	4.26	4.44	Excellent
6. Facilitator/Moderator	4.68	4.82	4.74	4.74	Excellent
7. Cooking Demonstration	4.35	4.82	4.84	4.65	Excellent
OVERALL MEAN				4.60	Excellent

Excellent: 4.20-5.0

Very Good: 3.4-4.19

Good: 2.60 – 3.30

Fair: 1.80-2.50

Poor: 1.0-1.7



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8. Problems Met:

- a. The Travel Order was not processed as expected hence withdrawal slip for fuel was late so one faculty member had to personally handle the fuel.
- b. Some participants did not fully accomplish entries in pre and post-tests and evaluation sheets. Some failed to return their forms.
- c. No per diem can be claimed as accordingly, Kibungan is within a 50 km radius
- d. No IEC materials nor recipe copies were given to the participants.
- e. Some children brought their small kids who often distracted them and the whole class at times.
- f. Small venue at Poblacion

9. Recommendations:

- a. The Department/College be cautious in processing travel papers.
- b. More time be allotted in orienting participants in filling up forms.
- c. Finalize modules for each topic.
- d. Have a separate and simultaneous class for kids.
- e. Ensure a more appropriate venue for classes and cooking demonstrations.

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College Dean Nov 04, 2022

Recommending Approval:

 11-7-22
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